This is a digital copy of a book that was preserved for generations on library shelves before it was carefully scanned by Google as part of a project to make the world's books discoverable online.

It has survived long enough for the copyright to expire and the book to enter the public domain. A public domain book is one that was never subject to copyright or whose legal copyright term has expired. Whether a book is in the public domain may vary country to country. Public domain books are our gateways to the past, representing a wealth of history, culture and knowledge that's often difficult to discover.

Marks, notations and other marginalia present in the original volume will appear in this file - a reminder of this book's long journey from the publisher to a library and finally to you.

Usage guidelines

Google is proud to partner with libraries to digitize public domain materials and make them widely accessible. Public domain books belong to the public and we are merely their custodians. Nevertheless, this work is expensive, so in order to keep providing this resource, we have taken steps to prevent abuse by commercial parties, including placing technical restrictions on automated querying.

We also ask that you:

+ *Make non-commercial use of the files* We designed Google Book Search for use by individuals, and we request that you use these files for personal, non-commercial purposes.

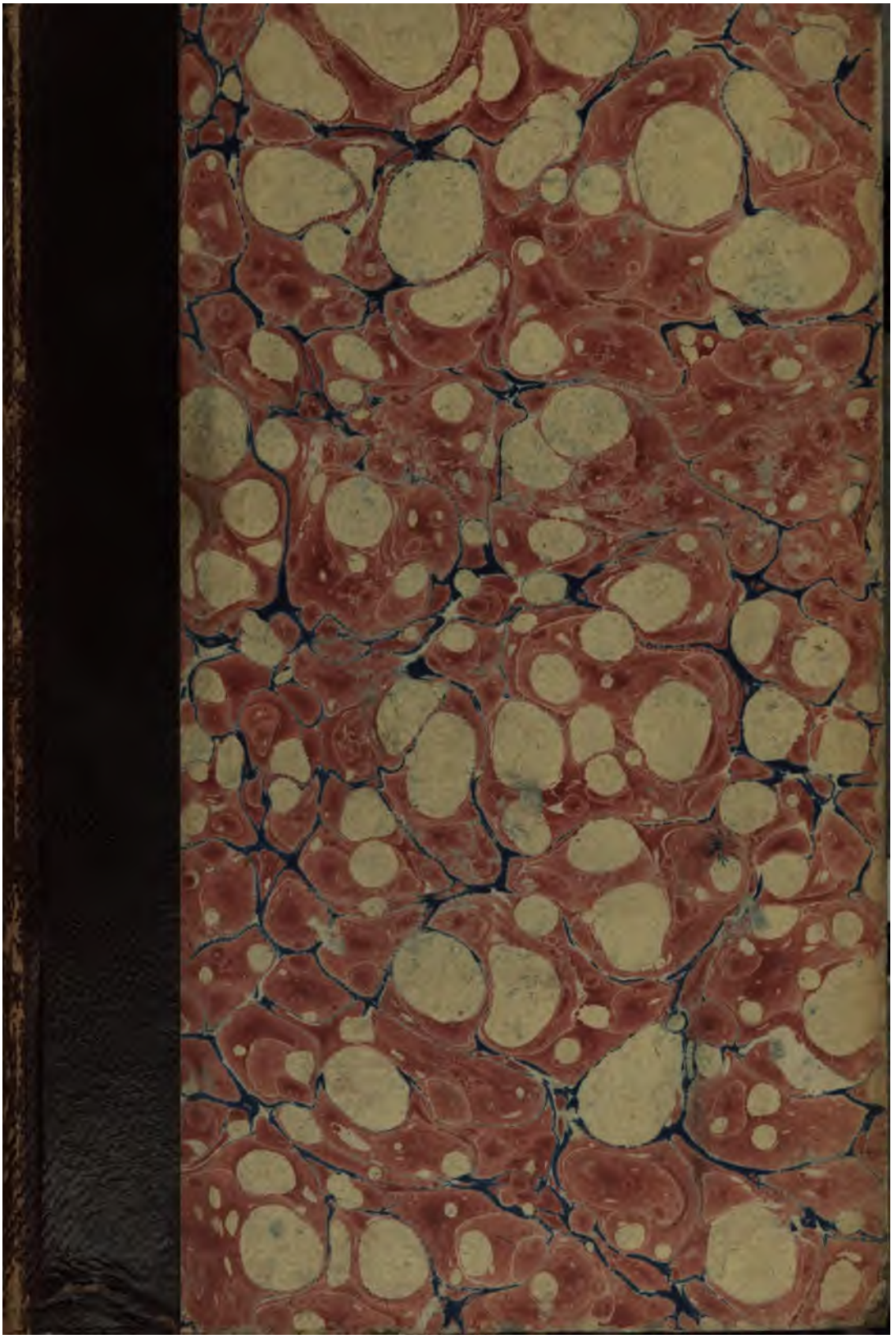
+ *Refrain from automated querying* Do not send automated queries of any sort to Google's system: If you are conducting research on machine translation, optical character recognition or other areas where access to a large amount of text is helpful, please contact us. We encourage the use of public domain materials for these purposes and may be able to help.

+ *Maintain attribution* The Google "watermark" you see on each file is essential for informing people about this project and helping them find additional materials through Google Book Search. Please do not remove it.

+ *Keep it legal* Whatever your use, remember that you are responsible for ensuring that what you are doing is legal. Do not assume that just because we believe a book is in the public domain for users in the United States, that the work is also in the public domain for users in other countries. Whether a book is still in copyright varies from country to country, and we can't offer guidance on whether any specific use of any specific book is allowed. Please do not assume that a book's appearance in Google Book Search means it can be used in any manner anywhere in the world. Copyright infringement liability can be quite severe.

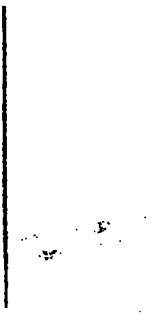
About Google Book Search

Google's mission is to organize the world's information and to make it universally accessible and useful. Google Book Search helps readers discover the world's books while helping authors and publishers reach new audiences. You can search through the full text of this book on the web at `http://books.google.com/`



47. 461.

47. 461.



Memorandum made this day of 18

that is admitted a Member, and is entitled to all the privileges of Membership of the Friendly Botanic Association of Great Britain, instituted for the purpose of Advancing the Principles of MEDICAL REFORM, and for the Instruction of the People in the Cure of Disease by the Sanatory Practice of Medical Botany.

MEDICAL REFORM,

OR

PHYSIOLOGY AND BOTANIC PRACTICE,

For the People.

BY DR. JOHN STEVENS.

"Government should at once banish Medical men and their art, or they should take proper means that the lives of the people may be safer than at present; whereas, they look far less after the practice of this dangerous profession, and the MURDERS committed in it, than they do after the lowest trades."

DR. FRANK.

LONDON:

WHITTAKER AND CO., AVE MARIA LANE;

THOMAS STANLEY, DUDLEY.

MDCCCXLVII.

ENTERED AT STATIONERS' HALL.

DUDLEY:
PRINTED BY THOMAS STANLEY.

INDEX.

Acidity of the stomach 160
Allspice 313
Aloes 325
Angelica 314
Antiscorbutics 333
Antispasmodics 94
Apoplexy 283
Asthma 247
Astringents 88
Avens root 90, 319

Baldmoney 92
Barberry 93
Bayberry 88, 317
Bitter almonds 94
Black pepper 88
Black cherry 94
Bleeding of the lungs 240
Bleeding from the nose 298
Bone setting 299
Boxwood 93
Broom tops 331
Buchu leaves 331
Buckbean 329
Burns and scalds 207
Butternut 335

Cancer plaister 344
Capsicum annuum, plate of, 51
Cayenne or capsicum 311
Catechu 324
Centaury 339
Chilblains 298
Cholera syrup 341
„ Asiatic or Indian 173
„ Infantum 179
„ Morbus 172
Clove 314
Cleavers 332
Composition powder, 96, 339
Colic 162
Costiveness 182
Colds and coughs 204
Consumption 219
Cough syrup 242
Course of medicine 304
Columba 328
Copaiva balsam 332
Compounds, list of 339
Cranesbill 90
Cranesbill 320
Cramp in the stomach 158
Croup 211

Diarrhœa 170
Diet 194
Diet for the sick 200
Digestion, theory of 106
Digestion, the mean time of different
Diuretics 339
Diuretic tea 341
Dock root 334
articles 196
Doctors, their opinion of their profession 10
Dose, proportions 95
Drying and preserving herbs and roots 348
Dropsy 294
Dysentery 165

Emetics 316
Epilepsy 284
Eruptive diseases 268
Erysipelas 277
Eye waters 342

Fever 259
Fever, old treatment of 262
Fever, new treatment of 264
Fluor albus 293

Giddiness 286
Ginger 88
Golden seal 327
Gout 258
Ground ivy 333

Headache snuff 340
Heartburn 157
Hemlock 96
History and mystery of medicine 19
Hollyhock conserve 340
Hooping cough 215
Horehound 93, 329
Hydrastis canadensis 92
Hydrophobia 289
Hypochondria 154
Hysterics 219

Indigestion, causes and cure of 139
Indigestion, symptoms of 135
Inflammation of bladder 251
„ of Bowels 181
„ of Brain 278
„ of Eyes 296
„ of Kidneys 250
„ of Lungs 217
Influenza 206
Insalivation 114

Jaundice 149
Juniper 331

Kidneys, diseases of 250
King's evil 274

Liniment, for rheumatism, &c., 345
„ Stimulating 316
„ Volatile
Liver complaint 142
Lobelia inflata, plate of 32
„ as an antispasmodic 84
„ as an emetic 83
„ pharmaceutical preparations of 85
„ properties of 97
„ as a sudorific 84
„ syrup of 86
„ testimony of the faculty in its favour 102
„ as tincture 83
„ vinegar of 86
Locked jaw 287

Marsh rosemary 89, 319
Mastication 109
Materia medica 311

Meadow sweet 91
Measles 270
Menstruation 292
Mountain flax 335

Nerve ointment 346
Nerve powder 96
Nervines 336
Nervine tea 341
Number 6, 95

Oak bark 90
Ointment for itch 316
„ of Tar 345
„ for ulcers

Palpitation of the heart 290
Palsy 279
Peppermint 315
Peruvian bark 322
Piles 191
Pills 347
Pinus canadensis 89
Plaister, strengthening, 345
Pleurisy 246
Poplar bark 92, 325
Poultices 343
„ Indian meal
„ Yeast
„ Charcoal
„ Cayenne
Putrid sore throat 209

Quassia 339
Quinine 323
Quinsy 207

Raspberry leaf 318
Rheumatism 254
Rhubarb 335
Rush Dr., his theory 27

Salve, healing 344
„ Thompson's ditto 345
Scald head 373
Scarlet fever 272
Scrofula 274
Scullcap 338
Scurvy 273
Sedatives 94
Small pox 268
Smoking, evils of 115
Soothing drops 342
Spiced bitters 340
Stimulants 87, 311
St. Vitus's dance 284
Stomach 123
Sumach 89, 320
Syphilis 303

Thompson's, Dr., theory of 28, 73
„ memoir of 30
„ discovery of lobelia inflata 31
„ wounds his ankle 34
„ his marriage 34
„ his wife's sufferings in childbirth 37
„ cures his daughter of the canker rash 39
„ cures his wife of a three months' fever 40
„ his wife's suffering in giving birth to her third son 42
„ cures the family of the measles 43

Thompson determines to practice medicine 47
,, cures the yellow fever at Alstead and Walpole 51
,, leaves home, his practice at Salisbury 54
,, persecuted by Dr. French 56
,, cures Elder Bowles, a baptist minister, of consumption 61
,, death of Capt. Trickey 64
,, indicted for murder 66
,, trial of 70
,, report of the trial of 98
Teeth stopping 113
Thompsonian materia medica 83
Tic doloureux 285
Tinctures—
Antispasmodic 341
Scullcap 342
Fir balsam 343
Myrrh 42
Lobelia 83
Tobacco smoking 115
Tonics 92
Tooth ache 112
Tormentil 91, 323
Urine, involuntary flow of 253

Vaccination, the discovery of 15
Valerian 336
Vapour bath 266
Venereal disease 301
Vomiting 161

White pond lily 89, 320
Whites 293
Witch hazel 90
Wood sage 328
Worms 186

Yarrow 333

PREFACE.

In presenting this work to the public, the author thinks it proper to state that he does so in obedience to the urgent request of a large portion of intelligent individuals, to whom he has had the honour of delivering his course of lectures on medical botany; and as this request arose out of the anxiety on the part of the audience to retain their possession of the practical matter contained in these lectures, and to form botanical societies for mutual aid and instruction amongst the people, the author has endeavoured to meet their views, by presenting to them a work, which embraces a complete system of medical reform, as originally taught by the late Dr. Thompson, of America.

It will be seen by this that the author lays no claim to the primary principles herein demonstrated, but giving honour to whom honour is due, at once declares the source from whence he has derived this valuable knowledge. But there is one honour to which he confidently aspires, and that is the envied one of being the first in this country, to make known to the British public, the singular

life, medical discoveries, and extraordinary success of this gifted individual. In the United States of America, the Thompsonian practice has proved its astonishing powers, by enabling the people to dispense, in thousands of instances, with the usual medical attendants, and cure every disease that is curable at all, with the greatest expedition, and with an effect that is permanent. Cures that have baffled the most consummate skill of ordinary practice have yielded to its power with a facility that has astonished the public, and established its claim to be considered as almost specific.

This has induced the author of the following pages to adapt it to British practice, by combining the herbs of this country in prescription with those of America, which contain similar properties, and which are now regularly imported here for the purpose. The botanic practice, therefore, now submitted to the public, is so arranged as to form a complete "Domestic Medicine," deduced not only from the author's own experience, but from every available source published by the American authors.

For it is to be observed, that, not only have the writings of Dr. Thompson himself been carefully examined, but all the best authors who have followed in the same career, and made further discoveries, have been called in to his aid and made subservient to his purpose.

It may at first appear to the reader to require much argument to convince the world that medical knowledge can be brought within the capacity of the general reading public; but such is the avowed object of these pages, in which the author undertakes to prove, that however lofty the subject has appeared, when clothed in mystery, or flaunting in the false airs of pedantic learning, that it is not, if stripped of that mystery, higher than the reach of the ordinary mind, or beyond the attainment of common sense. Exten-

sive experience justifies him in this remark, that the common sense of the people, when in possession of a *true theory* of medicine, will be found quite capable of curing all the diseases to which they are subject. Nor are they disinclined to embrace it; for, wherever he has delivered a course of lectures, such has been the deep interest felt, that he has been invariably requested by the public to deliver the same again, that they might retain the principles developed. And the general request has been, that he should print and publish that information; so that, in presenting this work to the public, he does so to meet an urgent demand. He has carefully selected matter to give confidence in the practice, and to make it most useful to mankind; and, with this view, he confidently hopes that those who purchase will read, mark, and duly appreciate his effort to impart to the people this most valuable information, at a cost that comes within the reach of the millions it is intended to benefit.

In laying down the instructions for the people's guidance, he has given those recipes which he has found the most efficacious, in a practice extending through many towns, and numbering, per annum, over the amount of two thousand patients, chiefly consisting of those who had sought relief in vain, by all other means, and with whom their testimonials show to have met with extraordinary success.

Many philosophers, renowned both of ancient and modern writers, have recorded their faith, and foreboded a period when the people would become their own doctors; when each father would be the physician to his own family. That day is at hand, to facilitate which it has suggested the formation of friendly Botanical Societies amongst the working classes, and to extend these to every part of the kingdom, that the people may mutually assist each other in the study of Medical Botany, and establish and propagate a general knowledge of these principles, so glorious to eradicate disease from society, and relieve it of much of its poverty and deplorable suffering from wrong practice.

INTRODUCTION;

BEING AN

IMPORTANT APPEAL TO THE PEOPLE,

ON THE URGENT NECESSITY OF

MEDICAL REFORM.

TO REFORMERS, THE LOVERS OF TRUTH, THE FRIENDS OF SUFFERING HUMANITY.

It has been our consolation, under every difficulty, and the great source of our joy, when we have triumphed over it, to be conscious that we lived at a period in human progression, when the noblest aspirations of the mind were received by the understanding, and become united in the hearts of the common people. The millions, whose will is the nation's freedom, whose power is the irresistible lever, to remove every ill felt in and through every department of society. Each age has had its attractive cry around which it rallied all its powers. Reform has been the peculiar charm of this our day and generation, often commencing with the honest convictions of a few obscure persons, or even one individual, acting as a single seed; and germinating beneath the warmth of enthusiasm that rose before the rays of truth, forthwith took root, spread its branches, and showered down its fruits in every direction. Monopoly and the baneful effects of exclusive privilege, have been uprooted, and the tree of liberty established upon their ruin, and this we have lived to behold. In Government laws, in commerce, in the safety of subject, and the liberty of the press, and lastly in the noble and grand achievement that has freed the people's interchange of the staff of life.

But however great and manifest the good attained in these reforms, upon the broad interest of the masses, there is yet one of deeper consideration, one reform that must prove even more near and dear to the best feelings and interests of every individual; for if it be true that health stands the first, and is the most important of earthly good; if the possession of a sound mind in a sound body be the

greatest gifts of God to man, then a thorough reformation in the practice of Medicine must be a reform in value beyond all others, involving considerations of the very highest importance; and when we reflect, that the reform proposed excludes from its treatment of disease all dangerous remedies, such as bleeding, blistering, and salivation, the use of poison, or any depletion whatever, and that these experiments, are all superseded by sanatory and more speedy system, a system of universal application and specific power, not only in the hands of a few, but equally so in the hands of all who choose to embrace it. Nor are these the only reasons that give importance to this reform, but the many enormous evils it is meant to eradicate: for, however much mankind may have suffered by oppressive laws, there is no suffering equal in severity to that inflicted by disease, and its usual treatment by doctors; and whatever exaction we examine, we shall find none so uncertain in the amount levied as that of a doctor's bill; no rule regulating a single item, or law restraining the entire amount. The tax-gatherer raps at your door, stands on the threshold, and demands a certain amount levied in proportion to property possessed; but the licensed to kill enters the house of sickness, and, at the bedside, takes in charge, with the authority of law, his exclusive right over the prostrate victim,—whose blood he draws, whose frame he tortures, and whose bowels he secretly poisons, whose disease he cures or prolongs; but kill or cure, his charge is made, in amount wholly at his own discretion: and should his depletion be the cause of death, it was done according to rule. Under the protection of his diploma, his class is, virtually, the only one exempt from the criminal laws, or the charge of murder or manslaughter, a dangerous privilege invested by the law that chartered his monopoly, a monopoly that prevents people administering to each other, a violation of the first impulse of domestic love and the last dictates of Christian duty.

And what reason can be advanced for the continuance of this cruel oppression, for granting a license to the few, so eminently dangerous to the many? They answer, the great learning and skill required in the use of dangerous remedies, more especially the use of the many poisons employed. The depleting agents of the principle, so well expressed by Lord Byron, when he called it the "destructive art of healing;" a principle the professors of the new Botanic practice not only altogether denounce, but entirely supersede by the superior efficacy of sanatory means; consistent with the principles of life, specific in their operation, and eternal as the laws that govern the universe; a fact which at once and for ever banishes that plea of the faculty, and their claim to Monopoly or legal protection, making this as the period when the whole people may, by power of this boon, arise from the physical degeneration of ages, to pristine health and life, and by embracing a true theory of medicine, throw off the goading yoke of medical bondage.

The healing art was once the companion of philosophy and handmaid of compassion, and will be again; and, after being long lost in the dark wilderness of error, with greater wisdom will return to the divine rectitude of her original mission; for, as John Westley says,—

"It is probable Physic, as well as Religion, was in the first ages chiefly traditional; every father delivering down to his sons what he had in like manner received, concerning the manner of healing both outward hurts and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder. It is certain this is the method wherein the art of healing is preserved among the American Indians to this day. Their disorders are indeed exceeding few; nor do they often occur, by reason of their continual exercise, and (till of late) universal temperance. But if any are sick, or bit by a serpent, or torn by a wild beast, the fathers immediately tell their children what remedies to apply. And it is rare that the patient suffers long; those medicines being quick, as well as generally infallible.

"Thus far physic was wholly founded on experiment. The European, as well as the American, said to his neighbour, 'Are you sick? Drink the juice of this herb, and your sickness will be at an end. Are you in a burning heat? Leap into that river, and then sweat till you are well. Has the snake bitten you? Chew and apply that root, and the poison will not hurt you.' Thus, ancient men, having a little experience joined with *common sense* and common humanity, cure both themselves and neighbours of most of the distempers to which every nation was subject."

Such are the memorable words of the great John Wesley, who had studied medicine in his earlier days, and whose judgment and integrity were free and clear upon most subjects. His words, the simple eloquence of truth, convey the proper ideas on the subject before us, better than any words of mine could.

But suppose, in order to escape the prejudice which has clouded our mental vision under the force of customs in which we were born and bred, in civilization, suppose that we were to introduce one of John Wesley's unlettered savages into the great metropolis of this country, and, while bearing him company through it, were to discourse with him on our great and manifold means of curing the sick. It is true that we should have from him no scientific response,—no scholastic disquisition,—no praise on the grand speculative theories of our great medical writers; but we should have, we suppose, what we could obtain by no other means—the expression of disinterested, unbiassed *common sense:* a qualification most needed at the present time, in the practice of medicine. He could not fail to be first struck with our many handsome store-houses, filled with remedial

agents; the chemists' and druggists' shops, at the corner of our almost every street, with their lights pouring streams of vivid colours across the broad pavement, through jars containing drugs of every tint and hue, like the noon-day sun through the painted windows of a cathedral, and with the internal arrangement of endless gilt phials and labelled drawers. Tell him, then, of our colleges for training men exclusively for the medical profession;—of our thousands of books, containing the recorded experience and experiments of ages;—of our many different systems of medical treatment; and his admiration would be greatly excited, he would probably exclaim in delight—"Oh, happy people! surely none among you can suffer long, or die but of extreme old age!" Inform him that, in addition to the vast establishments supported by Government, there were daily advertised, occupying whole pages of our many newspapers, some hundreds of patent, (*i.e.* secret quack infallibilities—specifics for every complaint,) "instant relief" for every real or imaginary pain; and his wonder and admiration, carrying his unsuspecting mind beyond its usual control, would raise an extatic feeling of joy and triumph, and his thoughts would rush home to his dark-skinned people, with the magic balm for every wound, the "elixir of life;" the infallible restorative of manly vigour, "the pills," which were to yield to man "the primæval period of existence." But to check such enthusiasm, and cool extravagance into due reflection, it would be necessary to retire from the crowd which he would draw around him, and conduct him round the corner of the street, into the church-yard, and hold with him a sort of Hervey contemplation among the tombs. Say nothing to him of the millions of the poor who have passed unrecorded into oblivious graves. Show him only the ages at which have departed the beloved and honoured few, whose wealth could have at command all these blessings, but the majority of whom have, notwithstanding these, most perversely died far under the very meridian of life. With unqualified sincerity confess to him the statistics of the bills of mortality; and prove to his perplexed and astonished gaze, that thirty-five years form the average of civilized life, while every fourth infant perishes ere the tenth moon wanes to a crescent. After he had recovered his breath (for we must suppose him to have lost it in surprise at the paradox presented), lead him back to the druggist's shop. Say nothing to him of the many grades of the profession making fortunes upon flesh failings, the invested interests in disease, the respectable livings dependant upon pain, sickness, and death; but explain to his enquiring mind, that three-fourths of those elegantly prepared medicines employed for the cure of the sick, are active poisons, at deadly enmity with human health and life, whilst those who sold them knew but little of their effects, and those who swallowed them absolutely

nothing of their nature, or even of the language in which they were prescribed; and the veil of mystery, which dazzled his simple understanding, would fall from his mental vision, and his common sense would, for the first time, perceive, in all its naked deformity, the *master-error of uncivilized life*, and he would exclaim—"Great spirit of the unbounded waters! whence comes this confusion to thy most favoured sons? How are the educated reasoners turned to a nation of madmen, sporting with fire and weapons of destruction! By what principle can they expect to restore to health the energies of life, by employing means so productive of death!" But, stilling his out-bursts, further inform him of our other powerful means for *attacking disease*. Show him the cupping glasses, lancet, and leeches; relate to him how frequently we take from our dearest friends that vital fluid, the blood, which he draws only from his detested foes, accompanied with torture, and followed by dissolution. His untutored humanity would find more to marvel at, deplore and condemn, than he would to admire in all our beauties of art and triumphs of science.

But again, our rude barbarian, recovering from the shock we had inflicted upon his feelings, might possibly doubt the honesty and truthfulness of his companion, and demand further evidence upon better authority. "My brother," he might say, "let the learned professors speak for themselves; let me hear and know, what the fathers and chiefs say of this remarkable uncertainty, you have, in the practice of Medicine, strangely and absurdly called, "Science." —Introduce him therefore, first to Sir A. Carlisle, who will tell him that, "pharmacopœia of the Doctors is a most perfect piece of humbug concocted by imbeciles; that physicians are entirely quacks in their practice. 'I never,' says he, 'could discover any rational principle for a physician's treatment of a case; that it is all guess work; that his application of remedies was like throwing mud against a wall—a good deal of which being thrown, some would stick. In fine, Medicine is a science founded in conjecture, and improved by murder.'" At this announcement, our man of the wilderness might fear falling sick, and, being a warrior, might think of his war, paint, and instinctively feel for his tomahawk. But fear not to alarm him a little. He is trained to be firm and calm under every danger. So he will, under this, *our* perilous position, proceed, and give a knock at the door of Dr. Frank, whose language will be found suited to the capacity of our full-grown child of nature.

Looking through the past history of nations, how universal have been the ravages of war on the face of our globe. Every stone beneath our feet would mark, if graven, the locality of a martyr's grave; and each tree would be found waving over a warrior's tomb. Yet "the ravages of war," says Dr. Frank, "are as nothing, compared

to the thousands, who are daily murdered in their quiet sick-rooms." Imagine him a little alarmed, running away from Dr. Frank, to call upon Dr. Dixon, who being formerly a warrior, like himself, will, with blunt honesty and independence, speak thus to him in his fourth edition of his Stereotyped "Fallacies of the Faculty,"—"Gentlemen, the ancients endeavoured to elevate physic to the dignity of a science, but failed. The moderns, with more success, have endeavoured to reduce it to the level of a trade. Till the emoluments of those who chiefly practise it cease to depend upon the quantity of useless drugs they mercilessly inflict upon their deluded patients—till surgeons shall be other than mechanics, and physicians something more than mere puppets of the apothecary—till the terrible system of collusion, which at present prevails under the name of a 'good understanding among the different branches of the profession' be exposed, the medical art must continue to be a source of destruction to the many and a butt for the ridicule of the discerning few. The Wits of every age and country have amused themselves at the expense of the physician; against his science they have directed all the shafts of their satire; and in the numerous inconsistencies and contradictions of its professors they have found matter for some of their richest scenes. Molière, so long the terror of the apothecaries of Paris, makes one of his *dramatis personæ* say to another,—'Call in a doctor, and if you do not like his physic, I'll soon find you another who will condemn it.' Rousseau showed his distrust of the entire faculty when he said, 'Science which instructs, and physic which cures us, are excellent, certainly; but science which misleads, and physic which destroys us, are equally execrable: teach us how to distinguish them." Quite as sceptical as to its use, and rather more sarcastic in his satire of the profession, was Le Sage—'Death,' says he, 'has two wings; on one are painted war, plague, famine, fire, shipwreck, with all the other miseries that every instant offer him a new prey. On the other wing you behold a crowd of young physicians about to take their degree before him. Death proceeds to dub them doctors, *(leur donne le bonnet)* having first made them swear never in any way to alter the established practice of physic.' But so completely at variance with each other are even the greatest *medical* authorities on every subject in medicine, that I do not know a single disease in which you will find any two of them agreeing.

After Dr. Dixon, (though a sickening affair,) we will turn to a few more of the most eminent of modern practitioners.

Dr. Vecimus Knox says:—"After all that has been said in commendation of the uncertain art of medicine, the most sensible physicians admit, that it is to them uncertain whether it has done more harm than good to mankind, this fact being certain, that in the hands of the young, and the rash, and inexperienced, it is dreadfully destructive of the human race."

JOSEPH HUME, Member of Parliament, said in the House of Commons, in 1834 :—"I consider that the medical profession in our country is in a state of absolute barbarism."

DR. MC CULLOUCH, of Dumfries, says :—"Medical men seldom get time to practise on the rich till they have maltreated and murdered the poor; or, what is called, have got experience: that at least 18 out of the 20 British licentiates are not fit to practice, with safety, until they have gained experience in this shameful way; and that the poor themselves must be massacred to make doctors for the rich."

DR. MAJENDI, the great French physician, says :—"The most contradictory and inconsistent opinions pervade the whole length and breadth of the medical profession, regarding the origin, the nature, and cause of disease, not merely the more complex diseases, but even the simplest to which mankind are liable. In short, a complete revolution awaits the medical profession." Such is the wretched system that seeks to be endowed with exclusive power to serve the community.

SIR EVERARD HOME, a high medical authority, says :—'More have been killed in fever, by the use of wine and spirits, than fever, itself, ever killed."

DR. HUNTER, of Glasgow, says :—"Some diseases are involved in more than hyperborean darkness. Medical language must remain ambiguous and incorrect, and medical practice unsettled and impirical;" which just means what the profession themselves call quackery.

The poor representative of enquiring common sense would now turn away in disgust and disappointment, and, I fear, conclude with Dr. Rush, called the Hippocrates, or the Father of Physic of America, that "the whole profession was like an unroofed temple, cracked at the sides and rotten at the foundation." Returning with knowledge of no additional worth to his native land, and confirmed in his contentment with the simple remedies which he had received by tradition from his fathers, and with the knowledge of the medicinal virtues of the barks of his woods, of the herbs beneath his feet, and the flowers of the prairie, he would have to tell his simple minded brethren, that the people of the great cities of Europe were totally ignorant of the valuable knowledge which was generally possessed among themselves, and by which they cured speedily most of those diseases with which they were afflicted, and even some of those that baffled the skill of the most learned and eminent of civilized men.

And now that we have elicited these startling facts and reflections, it must appear manifest, that beneath the base of civilized life there exists a deep gulf, whose descending vortex drags millions to untimely death, and whose festering exhalations poison the vital current

of all that lives above or breathes around it; an appalling thought! in which we seem to hear a deep, agonizing, and warning wail from the ghosts of the thousands killed in their quiet sick-rooms; a wail which loudly appeals to every godlike virtue, that ennobles faith and adorns humanity, which recals the mind from wondering silence and hurries resolution into action; for, the deeper we research, the more awful and true this appears. Not a horrible dream, but a dreadful reality. A fact which the advancing tide of intellect must sweep away, or retain only of the shameless fabric, a memento of its ruin; a horrible spectacle o'er which future ages shall weep and wonder; like that of the temple of the thugs upon the Ganges silent shore, it will be seen to be built of human skulls, and cemented with human gore.

But, after all, when we behold the vast wealth and interest at stake arranged for the protection and security of the system on the one side, with ignorance, indifference or prejudice on the other, the task to remove established errors in the practice of medicine, reform its institutions, or supersede it with a superior system, appears at once to be an effort superhuman, if not altogether hopeless and impossible.

There is a mountain to be removed; but there is a power, to which we can appeal, that can remove this mountain,—the judgment and will of the people, who suffer, who smart, who bleed! These mighty evils, so deeply felt by each, and acknowledged by all, make, when a path to escape them is pointed out, a powerful incentive to thought, research, and combined action in the public; and the common sense of the people waits only to be convinced, that there is now actually in existence a *complete system of medical treatment*, which each individual can take into his own hands with little trouble, and almost without expense: a system, at once embracing all that is safe and good in all others known, but with new methods of administration; a system safe and certain in the results; reared upon newly acknowledged facts of nature, and founded upon principles which are co-existent and equal in duration with the universe.

To the people,—to the million who it is to serve,—I appeal. From the people, said Napoleon, emanates all power. Some would have the new system submitted to the faculty, and through them to the world; but they can not be such as know the world, or how the faculty have in every age treated the discovery of truths. My reason for not doing so is on principle. No old established institution was hardly ever known to reform itself. It has either pertinaciously upheld itself in its own conceit of perfection—been reduced to submit to a reform, or been swept away by the force of the advancing intellect of succeeding generations, such is the institution of medicine. But the generation prophesied by Drs. Ray, Rush, Thompson, Robinson, Hoffman, and many others, is at hand; "when a knowledge of every remedy for every accident and disease shall be

made a part of every man's education, and every father shall become the physician to his own family." Dr. Robinson says, "From all these circumstances and from the fact, that the healing art is yet in its infancy, by the confession of its most sucessful and celebrated practitioners; the great and venerable Dr. Rush compares it to an unroofed temple—uncovered at the top, and cracked at the foundation:—unless you admit his own theory of animal life, as a sure and solid basis—for he scatters like atoms in the sun beams, all the systems of pathology, that have gone before him. From all these facts we ought to deeply ponder the peradventures which providence may solicit, by any means to diminish the sum of misery, before we spurn from us what has been discovered, tried, and found effectual."

After bewailing the defects and disasters of medical science, Dr. Rush consoled himself with the animating prospects of that hope, which he often proclaimed from his desk,—"that the day would come, when medical knowledge should have attained to that apex of perfection, that it would be able to remove all the diseases of man; and leave not for a single outlet a single door of retreat, but old age; for such is my confidence, said he, in the benevolence of the Deity, that he has placed on earth remedies for all the maladies of man."

But if it be still thought, that we should appeal to the Colleges of Medicine and the professors, they being the established guardians of the people's health,—let us look to the history of some few of the greatest discoveries that have been, and still continue to be of vast service to the whole human race.

Dr. Dixon says, "How was the exposition of the circulation of the blood first received? Harvey, its discoverer, was persecuted through life; his enemies in derision styled him the *Circulator*,—a word in its original Latin signifying vagabond or quack; and their efforts to destroy him were so far successful, that he lost the greater part of his practice through their united machinations."

Dr. Harvey says, "Can any one behold, without scorn, such drones of physicians, who after the space of so many hundred years of experience and practice by their predecessors, *not one single medicine has been detected that has the least force, directly to prevent, to oppose, and expel a continued fever!* Should any one, by more sedulous observation, pretend to make the least step towards the discovery of such remedies, their hatred and envy would swell against him, *as a legion of devils against virtue;—the whole society will dart their malice at him, and torture him with all the calumnies imaginable*, without striking at any thing that would destroy him root and branch. For he who professes to be a reformer in the art of Physic, must resolve to run the hazard of his reputation, life, and estate. To impose upon the world is to make your fortune—tell it a truth, your ruin is equally sure."

* "Before the discovery of vaccination, *Inoculation* for Small Pox was found greatly to mitigate that terrible disease. Who first introduced small pox inoculation? Lady Mary Montague, who had seen its success in Turkey. Happy Lady Mary Montague! Rank, sex, beauty, genius—these all doubtless conspired to bring the practice into notice. Listen to Lord Wharncliffe, who has written her life, and learn from his story this terrible truth—that *persecution* ever has been, and ever will be, the only reward of the benefactors of the human race. 'Lady Mary,' says his Lordship, 'protested, that in the four or five years immediately succeeding her arrival home, she seldom passed a day without repenting of her patriotic undertaking; and she vowed she never would have attempted it if she had foreseen the vexation, the persecution, and even the obloquy it brought upon her. The clamours raised against the practice, and of course against her, were beyond belief. The faculty all rose in arms to a man, foretelling failure and the most disastrous consequences; the clergy descanted from their pulpits on the impiety of thus seeking to take events out of the hands of Providence; and the common people were taught to hoot at her as an unnatural mother, who had risked the lives of her own children. We now read in grave medical biography, that the discovery was instantly hailed, and the method adopted by the principal members of that profession. Very likely they left this recorded—for, whenever an invention or a project, and the same may be said of persons, has made its way so well by itself as to establish a certain reputation, most people are sure to find out that they always patronised it from the beginning, and a happy gift of forgetfulness enables many to believe their own assertion. But what said Lady Mary of the actual fact and actual time? Why, that the four great physicians deputed by government to watch the progress of her daughter's inoculation, betrayed not only such incredulity as to its success, but such *an unwillingness to have it succeed*—such an evident spirit of rancour and malignity, that she never cared to leave the child alone with them one second, lest it should, in some secret way, suffer from their interference.'"

"Gentlemen, how was the still greater discovery of the immortal Jenner received—Vaccination? Like every other discovery—with ridicule and contempt. By the Royal College of Physicians, not only was Jenner persecuted and oppressed; but long even after the benefits which his practice had conferred upon mankind had been universally admitted, the pedants of that most pedantic of bodies refused to give him their license to practice his profession in London; because, with a proper feeling of self-respect, he declined to undergo at their hands an examination in Greek and Latin. The qualifications of the schoolmaster, not the attainments of the physician; the locality of study, rather than the extent of information

* Dr. Dixon's Fallacies of the Faculty.

possessed by the candidate, were, till very lately, the indispensable preliminaries to the honours of the College. *Public opinion* has since forced this corporation to a more liberal course. But, to return to Jenner;—even religion and the Bible were made engines of attack against him. From these, Errhman of Frankfort deduced his chief grounds of accusation against the new practice; and he gravely attempted to prove, from quotations of the prophetical parts of Scripture, and the writings of the fathers of the church, that Vaccination was the real *Anti-Christ!* From all this you perceive that mankind have not very greatly changed since the time of Solomon, who, after searching the world, 'returned and saw under the sun, that there was *neither bread to the wise, nor riches to men of understanding, nor favour to men of skill.*';"

Sufficient reasons, then, have been given to prove to whom we should appeal, to the profession or to the people; and when the people shall, by hearing, reading, or trial, be convinced of the case, by which a simple but correct system, in accordance with the laws or processes of nature, can cure the malignant forms of disease in the shortest time and with the least expense;—when it shall have been proved to plain common sense, that *fever*, the fearful destroyer of one-fourth of mankind, can, with a never-failing certainty, be turned out of danger in ten minutes, and its subsequent weakness cured in half as many days; and inflammation, without leech or lancet, as speedily: when consumption, our climate's curse, and our physician's despair, yields its full grasp upon the young and lovely, as to a specific power; when all contaminations of the blood, even to hydrophobia, rabid rage, are expelled; where long disease triumphed, or even death was sudden or certain before;—surely the people will accept the glorious boon, and hail the new light as a gift from heaven. Let the people but avail themselves of all the knowledge of this system, which they have within their reach; let them but learn their simple and pleasant lesson; let the publicity and practice of combined bodies force acknowledgment to the "great fact,"—the mountain will then move; the whole establishment of physic will be revolutionised; and a thorough medical reform will be accomplished. For if the confessions of the faculty be true,—and true they are as the undeniable authorities produced,—then, what individual, whose age counts forty winters, can say he is not injured; while mercury rots the bones, while arsenic and antimony destroy the tissues; while bleeding debilitates the constitution; whose peace has suffered not in the loss of kindred ties; how many have watched and prayed in vain over dying friends, on whose recovery depend all the joys of existence; indeed, what calamities may we not count, in the deep grief of parental sorrow, for the young, the lovely, and beloved, in the tears of lonely widowhood, in the orphan's cry of famine, in the country's

pauperism, and with all the aggregate of madness and misery which as a poluted stream destroys each herb and flower on its banks, so perishes the happiness of society, in the contaminated blood stream of uncounted generations.

I shall, through the whole course of my address to the people, be found just and liberal towards my fellow-labourers in the same field. I charge not the whole of the faculty with design or dishonesty, in the continuance of this great evil. They are a class of men learned and highly respectable in the worldly sense; nay more, they are worthy of respect. Their diligence is as great, and their philanthropy as good, as can be found in any other portion of the community. But, as though it were the intent of Providence to show error more glaring, and at the same time acquit them of the guilt of design, they and their families suffer alike with the common lot, and are victims to the all-pervading wrong. Still, while I at once acquit and compassionate them, I must remark, in the words of a celebrated Divine, that "Whatever charity we owe to men's persons, we certainly owe none to their errors." Let me, then, be exonerated from the charge of malice or ill-feeling.

"To err is human; to forgive Divine."

I would have the aroused mind be calm in its judgment, and distinguish between men and men's opinions; and in justice to the faculty, let me be the first to acknowledge and do reverence to the Fathers of Physic, for none have more enlightened the world by the science which they have preserved and developed. The long and tedious process of their education, its vast expense and vexatious trials, and after-toils, are such that all must concede to them the right to the position of respectability, which society so readily yields to them; but only with this view, that they should become the instructors and teachers of the people.

To reform the institutions and practice of medicine, through the mind of the people—to raise a veneration of duty to God and man, through a knowledge of the human frame—to give a god-like aid to deeds of charity —to banish the deepest maladies of the human heart —to eradicate disease, and spare the lives of millions, by rendering physic "a plain and intelligible thing," and advancing its reform, is the laudable object sought in these lectures and publications.

That a universal and sanatory system of medicine would be discovered, and at some time bless the human race, has been the faith of philosophers of every age, embracing the most eminent of the faculty, in every clime, and who were always those foremost to despise protection, and who would have had the profession to stand or fall by its own merits.

Dr. Radcliffe, of our own country, said "the whole science of

medicine would one day be written on a single sheet of paper."—DR. RAY—That there were herbs to cure all diseases, though not every where known.—And DR. ROBINSON, while advocating this system in America, says—"And if, perchance, the grand Panacea should be at last found—that Moly of the Egyptians, and Elixir of the Greeks who would not deem himself more honoured by contributing the smallest item to the great discovery, for relieving the wretchedness of the human race, than if he had bestowed upon him the empire of the world? I saw *one fever* rage and prostrate its victim, over which the physician's skill had no influence. To have saved *that life*, to me so *precious*, I would have given the universe, had I possessed it, and would have considered it but as dust in the balance." No doubt others feel as I do. And if the period shall arrive, when the heart-strings shall no more be torn and lacerated,—who would not exult in the joyful anticipations of that coming day? And this dream of a universal medicine, which has pervaded the nations of the earth, since the days of Isis and Osiris, is not all a dream;—"*for the days shall come, saith the Lord, when there shall be nothing to hurt, or annoy, in my holy mountain.*" No pain to hurt nor sickness to annoy. But whether diseases shall be banished from the gate, in that glorious period of the millennium, or the grand Catholicon be discovered to remove them, the data do not determine; but this we know, we shall have health and peace; and Dr. Rush's hope will be fulfilled, even beyond his most sanguine expectations,—"for the child shall die an hundred years old."

And let it be remembered, if this system of practice be true, it will have the peculiar blessing of the Almighty upon its side; because it brings the power, the benefits, and the beneficial results of a safe medicine, within the reach of the poor; into their dear distressed families, who often perish for the lack of the means to procure Medical aid.

This single benefit cannot fail drawing down from Heaven the peculiar blessing of him who bowed his majesty, and left his throne, and veiled his glories, to enter the world and preach the "Gospel to the Poor."

———"The pure and uncontam'nate blood
Holds its due course, nor fears the frost of age.
Haste, then, and wear away a shatter'd world,
Ye slow revolving seasons! We would see
A sight to which our eyes are strangers yet—
A world that does not dread and hate God's laws,
And suffer for its crimes, would learn how fair
The creature is that he pronounces good,—
How pleasant in itself what pleases him!"

THE

HISTORY & MYSTERY OF MEDICINE.

For the origin of Medicine, we are indebted to Egypt. In the days of Moses her medical knowledge was famous, and her physicians were celebrated in his history. The invention of medical science is generally ascribed to Toth, or the first Hermes, who was regent or king of Egypt, of the second dynasty of Manetho. He published, it is said, six books on physic; and was tutor to Queen Isis, who herself was the discoverer of several medicines, was called by the Egyptians the Goddess of Health, and left her knowledge in the writings of the Caberri. In course of time physicians had a provision made them by law, and were required to practice for the army and for strangers travelling in the country, without fee or reward. Their medicines were simple, and prepared from herbs; and their kings caused bodies to be dissected, for the purpose of perfecting them in the art of physic. But they were, unfortunately, confined in their practice by fixed rules and recipes, set down in the sacred registers; and as long as they practised by these rules, they were safe, however fatal the medicine might be to the patient; but the moment they dared to follow their own judgment, and deviate from the rules, it was at the hazard of their lives, which they most assuredly lost, if the patient died. Four thousand years have passed since these laws predominated in Egypt. Yet the same tyrant spirit of restriction, though indeed less severe in its penalties, exists now in our own country, in this enlightened age; and, while it maintains monopoly and protects corruption, retards, as in Egypt, the improvement of medicine.

The study of medicine was transferred from Egypt to Greece by the sage Chiron, before the Trojan war. The famous Greek, Esculapius, was the scholar of Chiron, but far surpassed his master in fame. The most dangerous wounds and maladies are said to have yielded to the operations, remedies, harmonious songs, and magical words of Esculapius. He dedicated all his days to the relief of the afflicted. The Greeks deified him, and erected a temple to his memory. The inscription over the entrance of his temple is at once

solemn and affecting—"*Procul este profani.*"—"Far hence, ye profane." The secrets of his art he communicated to none but his children; and they were retained in his family until they burst forth with splendour, and shone out to the possession of the world in the character and writings of the Divine Hippocrates.

Hippocrates was born in the island of Cos, in the year 461, before the Christian era, and was of the Esculapian family, his father being the seventeenth in the direct line from Esculapius. The Esculapian family had carefully preserved the doctrines of their progenitor, and established three medical schools, in Cos, Cnidus, and Rhodes. Their fame had spread when this master-spirit of the healing art, the Homer of medicine, as he has been called, appeared, perceived with his mighty mind the defects in the system of his ancestors, and set himself to grapple with its difficulties, and find out and apply a remedy equal to the vast importance of the subject. As the grand sum of all medical skill, and as the perfection of the accomplished and successful practitioner depends upon the union of *reason* and *experience*, in other words, *theory* and *practice*, Hippocrates prepared himself to add reason and theory to the practical rules of Greece and Egypt, and at once exalt medicine to the dignity of a *science;* and this he accomplished, (notwithstanding that he has been denounced as an empiric,) with a perseverance and success which have, perhaps, never since been equalled, or honoured and distinguished the labours of a single man. *Practice* and *theory* were so remarkably combined and blended in the character of this profound original sage, that his decisions in medicine were received like the oracles of Apollo, with confidence and veneration. In his theory, however, he admitted only principles, which might serve to explain the phenomena observable in the human body, considered with respect to sickness and health. Yet improved and exalted by his new method, the science of physic made a sure and more rapid progress, and a revolution was silently effected, which changed the face of things, and caused it to rank among the most sublime parts of human knowledge.

It would be prolific to detail the happy experiments which he made, the new remedies which he discovered, or the prodigies which he wrought in all the places honoured by his presence, especially in Thessaly, where, after a long residence, he died at the advanced age of ninety-nine. From all that was ever related concerning him, we can perceive in his soul but *one* sentiment—*the love of doing good;* in his long life, but *one single act—the relieving of the sick.* His death was greatly deplored by the Greeks—his memory cherished—and his name revered by all nations. The Divine Hippocrates! the Father of Medicine! are the common appellations by which he is distinguished until this hour.

The next remarkable medical character in antiquity was Celsus, who was born in Rome or in Venice, and flourished about the beginning of the Christian era. He seems to have practised on the system of Hippocrates, and to have acquired great skill in inflammatory and malignant fevers, especially the plague. He was much beloved at Rome, and held in high estimation by the emperors Augustus, Tiberius, and Claudius Cæsar.

Galen ranks in fame next to Hippocrates, on the roll of great and splendid men. He was a most diligent and laborious student, a profound admirer and a close follower of Hippocrates. He travelled through many countries; but when he was in Rome, his great skill in practice excited the envy of the Roman physicians. They branded him with the name of Theorist, and affirmed he used magical words in his practice. He retorted upon them the name of Methodics; but finding the opposition too stormy for him there, after a residence of five years, he returned to Pergamus.

Thus we see in antiquity the distinction of Theorists and Methodics, as at the present day we have the different sects of Empirics, Dogmatists, Allopathists, or Homœpathists, according as they are attached to any famed system or predecessor. The Methodics adhered to the original form of practising by rule; while the Theorists united argument and observation, after the example of Hippocrates and Galen, bearing in mind the profound maxim of the former, that, "To enlighten *experience* by *reason*, and rectify *theory* by *practice*, belonged to men in the pursuit of knowledge, endowed with sense and dignity of soul."

"The Dogmatists," says Dr. [illegible]ay, "are certainly so far right, that a knowledge of the animal structure is necessary, in order to know how to repair it, though this knowledge, more properly, belongs to surgical operations. Yet the empirics, who rely on practice and experience exclusively, and are therefore called quacks, can retort with equal justice upon their opponents, that there is no relation between the animal economy and functions in a living and healthy state,—and a diseased and dead body destitute of them."

When Galen had been some time at Pergamus, the plague made its appearance at Aquileia and Rome, during the joint reign of Marcus Aurelius and Lucius Verres. The fame of Galen's skill in curing that disease induced the Emperors to send for him. He arrived, and had the success to cure, among others, the two sons of Aurelius, Commodus and Sextus, who had been smitten by the infection. This happy event so established his name, that all hostility against him ceased. After the death of Aurelius, he returned to Pergamus, where he died at the advanced age of 90 years, in the year of our Lord 200. He was naturally of a delicate and sickly constitution of body; yet, from his great skill in medicine, and the

temperate manner of his life, he reached an useful and happy old age.

With Galen we close our notice of the great medical men of ancient times. A pleasing melancholy pervades the soul, as we trace the memory of those devoted and magnanimous benefactors of the human race. They seem to redeem the very character of man from all the vile aspersions which have been cast upon it; they shine as splendid beacons on the solitudes of time, to point out to the traveller the road to glory, and the haven of immortality and peace. If we were disposed to hesitate or linger in the pursuits of humanity, these bright examples would spur us on to industry, exertion, and perseverance.

After the days of Galen, several medical practitioners rose, indeed, to fame,—such as Erastratus, Heraphilus, Heraclides, Scribodius Largus, &c., all of whom maintained their individual notions, and served but to show the turmoils and vicissitudes of medical science in ancient times. But nothing worth noticing in this memoir occurred in the history of medical science, till early in the sixteenth century, when the far-famed Paracelsus appeared, and advanced his *chemical system* to the world. It was diametrically opposed to the system of the Galenists; however, the Galenists held possession of the schools to the end of the seventeenth century. But the followers of Paracelsus acquired the patronage, and were supported by the power and influence of the learned. The Galenists were finally forced to yield; and the *humoral* and *chemical* pathology, which had agitated and divided the schools for two hundred years, began to retire to the shades, and sink under a new and splendid light, which was just dawning upon the world. About the middle of the seventeenth century, the circulation of the blood came to be *generally* known; after the discoveries of the illustrious Harvey, and this knowledge, together with that of the discovery of the receptacle of the chyle and of the thoracic duct, combined finally to expose the Galenic system. A considerable revolution had also taken place in the system of natural Philosophy. In the course of the seventeenth century, Galileo had introduced the *mathematical mode* of reasoning; and Lord Bacon had proposed *his* new mode of reasoning by an *induction* of facts. These new modes of philosophising, as might be supposed, had soon a visible influence on the science of Medicine. A disposition to observe *facts* and make *experiments* began to prevail in the schools, and to fix the attention of keen and accurate enquirers.

The clear view of the organic system of animal bodies, presented by the knowledge of the circulation of the blood, led not only to a closer acquaintance with the internal structure, but also to the application of *mechanical* philosophy, in explaining the phenomena of

animal life. This became the fashionable mode of reasoning till a very late period. But it has been found very defective in explaining the animal economy; and although it is partially in use, and may still continue to be used, it would be easy to show that its application must be very limited and partial. Still, however, down to this period, the physician, whether the Galenist or Chemist, was so accustomed to consider the state and condition of the fluids as the cause of disease, and also the foundation for explaining the operation of medicine in its cure, that both systems were termed the *Humoral Pathology*. It now soon appeared that Chemistry promised a much better explanation of the system than the Galenic philosophy had done. This was, therefore, almost entirely laid aside—and chemical reasoning every where prevailed.

About the middle of the seventeenth century arose the great *Sydenham*, the first of the moderns, the father of medical science in its present robes of modern fashion. "His writings will be esteemed a standard," says Dr. Cullen, "as long as they shall be known, or shall endure." He did not entangle himself in the thorny paths which led to the mysteries of animal life His pathology was at the same time both simple and comprehensive. The *oppressed* and *exhausted state of the system* comprised his rationale of disease and mode of cure. The simplicity of his views seem to have laid the foundation for the theories of Rush and Brown. The *morbid excitement* of the first, and the *direct and indirect debility* of the latter —with the unity of disease, the classes of *sthenic* and *asthenic diathesis*, (strong and weak affection), and mode of cure, appear to have their origin in the principles of Sydenham.

To add to the science of Medicine, said Sydenham, two facts must be kept in view;—1st., the giving of a full description or history of disease:—2nd., the discovering of a fixed and perfect remedy, or mode of cure. To these high objects did Dr. Sydenham dedicate the labours of his long and useful life; preferring their great importance to the fruitless and unprofitable speculations on *the principle of life*. By neglecting these desiderata, he observes, the Materia Medica has been swelled to an unreasonable size, and filled with great uncertainty. To these obvious and valuable facts the Doctor would add the knowledge of specifics; and in consequence has been called a quack. But his fame stands too high and bright to be tainted by the breath of scandal. He says, that the only specific we have, is the Jesuit bark: that calomel and sarsaparilla are not specifics; unless it can be shown that the one does not produce salivation, and the other perspiration. He laments that the medical virtues of plants are so little known, though they are the MOST VALUABLE part of the Materia Medica.

"It must be confessed," says Dr. Sydenham, "that, although min-

eral medicines meet the indications of disease, they are not to be relied upon as specifics with the same entire confidence as the vegetable medicines." Here is a strong testimony to the theory of Thompson and the author's practice.

But medicine was still, in modern times, doomed to be harassed with broils and uncertainties. We see Dr. Glisson wearying himself about the vital principle, and contending with vehemence for irritability as a property of the *vis insita, the innate force.* He falls into confusion about *irritability* and *sensibility,* and attempts to confirm an hypothesis which he frames, by remarking that there can be nothing in the intellect but what we receive by the senses. Dr. Cullen advanced the same maxim a hundred years after. Baglivi also pursues to a great extent his observations and disquisitions on the phenomena of the vital principle. Haller maintains warmly, that irritability is independent of sensibility, and *vice versa*: Belloni, that it depends on the accelerated motions of the blood. Dr. Winter wastes his time in tracing all human motions to fibrous irritability and stimuli; and the younger Boerhaave to the moving power of animals. Dr. Kirkland, in his turn, contends that the medullary substance is conveyed by the nerves to the muscular fibres, which caused motion. But Dr. Whytt affirms, that perception was necessary in connection with every or any material substance to produce motion: while Zimmerman and Oederus profusely demonstrate by experiments, that irritation was as general in the animal fibres, as attraction in the universe; and was altogether separate from the mind and soul.

We see how difficult it has been for the professors of this art to fix upon one scheme of principles. Well might Dr. Brown say, that "the science was altogether uncertain and incomprehensible, and could yield no satisfaction to his mind." When the principles are so jarring and incoherent, the practice founded upon them must be defective. This was perceived and confessed by all the faculty in every age.

The new systems introduced in the beginning of the eighteenth century, by Stahl, Hoffman, and Boerhaave, were intended to supply a remedy. But, alas! they were as defective as they were new; and instead of removing the disorder, they only operated to its augmentation, and inflamed the wound they ought to have healed.

These are painful premonitions to the adventurer in the dark and doubtful journey of physiology and medical science. To find the professors, from the very beginning of this science, but rising, as it were, to overthrow each other; to see a false pathology, a corrupt practice pervading the system from its very foundation, is surely enough to shake the firmness of the utmost confidence in medical science. It is, indeed, melancholy to reflect, that all the industry and labour of man should be fruitless, and buried with his bones. "The *Autocra-*

teia, admitted in some shape or other by every sect, had," says Dr. Cullen, "corrupted the practice of all physicians, from Hippocrates to Stahl." This is a sweeping sentence, pronounced upon the *Anima Medica*, by the good doctor of Edinburgh: and his own favourite *Nosoly* has received one even more severe and decisive from the pen of Rush.

Let us now come to Dr. Brown. Whatever value there was in Cullen's researches, we shall soon discover in the investigations of Brown. He studied under Cullen; he lived in his family; and lectured on his system. And Dr. Thompson himself was never more puzzled and confounded, when he had to contend alone with the faculty, than Dr. Brown seems to have been in throwing off the entanglements of Dr. Cullen's system. But I shall give the history of his scientific progress in his own words:—

"The author of this work," says Dr. Brown of himself, in the preface of his work, "has spent more than twenty years in teaching and scrutinizing every part of medicine. The first five years passed away in hearing others, in studying what I had heard, and implicitly believing it, and entering upon the possession as a rich and valuable inheritance. The next five years I was employed in explaining the several particulars, in refining them, and bestowing on them a nicer polish. During the five succeeding years, nothing having prospered to my satisfaction, I grew indifferent to the subject; and with many eminent, and even the very vulgar, I began to deplore the healing art as altogether uncertain and incomprehensible."

We have here the decision of this original mind on the imperfection of a system, which had been progressing for 4000 years.

"All this time passed away," continues Dr. Brown, "without the acquisition of any advantage, and without that, which of all things is the most agreeable to the mind, *the light of truth;* and so great and precious a portion of the short and perishable life of man was totally lost. Here I was, at this period, in the situation of a traveller in an unknown country, who, after losing every trace of his way, wanders in the shades of night; nor was it until between the fifteenth and twentieth years of my studies, that a faint gleam of light broke in upon my soul."

Dr. Brown then proceeds to detail the cause of this new beam of light which broke in upon him. He had an attack of the gout in the thirty-sixth year of his age. His mode of living had been generous until the six months previous to his fit of the gout, during which time he had used the most sparing diet. The disease spent its force in six weeks, and did not return until after an interval of six years, and an abstemious diet of six months.

The theory of the physicians was, that the gout was caused by plethora and excessive vigour. Vegetable aliment was enjoined as

the only mode of cure. The rationale from the cure to the proximate cause was certain. But Dr. Brown discovered that the error lay in the proximate cause; and of course must defeat the remedy. For, during a whole year of strict adherance to the prescribed regimen, he suffered from severe attacks. In short, he says, "the whole year, except fourteen days, was spent between limping and excruciating pain." Upon this experience and these facts he constructed his new theory. Why, when he lived well, was he exempted from the disease; and, when dieting himself, was he attacked in a manner so formidable and unrelenting? The solution of these questions opened his eyes, and led him forward to an inquiry more comprehensive, viz., What is the effect of food, drink, and the aliment which supports life? They produce strength; what is their effect afterwards? Always less and less. What is it towards the end of life? So far from giving strength, they prove weakening: and finally the very powers, which support life at first, prove its destruction at last, but generally through the intervention of disease. From this process of reasoning, he perceived, that his disease was occasioned by a deficiency, not a redundancy, of blood; that debility was the cause of his disorder; and that the remedy must be sought in a sustaining and stimulating diet. This he called *direct debility*.

Such was the success of this new practice, that for two years he had only one very slight attack; and this soon yielded to increased stimuli. He computed from this data that the disease was alleviated in the proportion of 48 to 1. A young gentleman, living with the Doctor at the same time, and suffering under asthma, had, in consequence of the same treatment, only one fit in two years, instead of one every day, while he pursued the common practice. This mode of practice he found successful in putrid and gangrenous sore-throat, rheumatism, inflammation of the joints, all chronic rheumatism, the inflammation which attacks the brain after typhus fevers, dyspepsia, and the convulsions and diseases of children. Since all these yielded to the stimulating medicine, he concluded that they were *asthenic*.

For seven years he was able to repel the fits of the gout by this mode of practice. "Led by the hand of nature," the Doctor says, "he walked round the whole circle of *asthenic* diseases, and found that they were all cured by the same remedy—*stimulants*." With regard to the *sthenic* diseases, the cause and cure of which, he says, nobody understood, all their symptoms were mistaken, and the practice was wrong.

I will here explain these terms, *sthenic* and *asthenic* of the Brunonian system.

Sthenic diathesis, a Greek term, σθενικὴ διαθεσις literally *a strong affection*, means, in that system, a diseased habit of body, occasioned

by excess of stimuli, and is called *indirect debility*, as it arises from an overcharged state of the system.

Asthenic diathesis, *ἀσθενικὴ διάθεσις* literally *a weak affection*, means a diseased habit of the body, occasioned by a deficiency of stimuli, and is called *direct debility*, as it arises from an exhausted state of the system.

The former was to be reduced by depletion; the latter by repletion.

Life was considered as a *forced state*, depending on internal and external *exciting powers* or *stimuli*; and a principle denominated *excitability*, supposed to be allotted to every animate being. *Excitement* was said to be *the effect* produced by the action of the *existing powers on excitability*.

But the detail of the theory of Dr. Brown so resembles, in many respects, that of Dr. Thompson, which I shall hereafter explain, that to give it here, in full, would be superfluous. He seems to have been the first among the modern practitioners whose mind was open to the principles and practice which Thompson afterwards carried to perfection.

In a few years, notwithstanding great opposition, Dr. Brown's Theory spread with rapidity over England, France, Italy, Germany, Holland, and America. Even those who objected to his *doctrine* were, nevertheless, influenced and benefitted by *his practice*. It has been so also with Dr. Thompson.

We might now glance at Dr. Rush's Theory; but it is, in many respects, like that of Dr. Brown.

DR. RUSH'S THEORY.

I. Dr. Rush, like Dr. Brown, considers life to be *a forced state*, and the *effect of stimuli*; and *the stimuli* he also divides into *external* and *internal*.

II. For the principle of life, he adds *sensibility* to Brown's *excitability*.

He says that *disease is an unit*; and that it consists in a *morbid excitement*; and the cure of it, in restoring the equal diffusion over the whole body.

III. He blames Cullen for inducing his students, by his nosology, to prescribe for the name of diseases, instead of their proximate causes; and Brown he condemns as equally faulty for reducing them nearly to one class, and accommodating his prescriptions to the reverse states of the body, or to that which constitutes the proximate case.

IV. Air, he says, by exciting respiration, gave the first impulse to life. When man was formed, God breathed into him the breath of life; that is, atmospheric air; dilating his nostrils, inflating his lungs, and thus exciting in him the whole phenomena of *animal, intellectual*, and spiritual life. Hence, life is the *effect of stimuli* acting on an organised body. Life, as applied to the human body, in-

cludes *heat, sensation, thought*, and *motion;* and these four, when united perfectly, form perfect life. We now come to Dr. Thompson's Theory.

DR. THOMPSON'S THEORY.

All bodies are composed of four elements, *earth, air, fire*, and *water*. Earth and water constitute the solids; air and fire, the fluids of the body. The *healthy state* consists in the proper balance and distribution of these four elements, and *disease*, in their disarrangement. All disease is caused by obstruction. The mode to cure it is by diffusing heat over the system; for *heat* is *life*, and *cold* is *death*. All disease is the effect of one general cause, and, therefore, requires a general remedy. Whatever supports the internal heat, and directs the determining powers to the surface, will expel disease, and save the patient.

Through the long experience of 30 years, Dr. Thompson thinks he has discovered those medicines, and that mode of practice, which will accomplish this object. He has tried them on the most hopeless cases, and always found them effectual. Indeed, such was the nature of his trials and difficulties, that he was called in to the aid of the patient, only when given over to death by the other physicians. The progress of his skill was, therefore, tested by a succession of the most desperate and deadly maladies.

If it be objected to his system, that the four elements composing the human body, are not a correct enumeration of the primary substances, I reply, it is the most *simple*, *obvious* and *ancient* distribution of the primary elements. It was Aristotle's division, and that of many other celebrated philosophers. Indeed, it is not long since the Physiologists and Chemists began to add to the number of primary elements. From seven to nine and forty-six they have summed up the number at different times; and they are not even yet sure, whether the last number should be enlarged or diminished. Indeed, they confess, the real simple elementary principles of matter will never be discovered. The natural division of Dr. Thompson, made in times of old, answers all the purposes of his system, and all the operations of his healing skill.

With these principles Dr. Thompson started, and, as Dr. Robinson says—"from the vale of obscurity he has risen, to take his rank among the benefactors of the world; and, with Drs. Brown and Rush, bids fair for everlasting fame. These gentlemen, though they have travelled on far diverging paths, yet, at the end of their journey, they have met almost at the same point. They began their career together, about the end of the last century, and before the close of the present it is impossible to say in what high estimation they will be held by the world, and what extraordinary cures will be effected by their discoveries."

Dr. Brown by reducing all diseases into two classes, *sthenic* and *asthenic*, ascertained at once to which class the complaint belonged, on visiting his patient, and proceeded to remove *the debility*.

Dr. Rush by making disease an *unit*, caused by *morbid excitement*, the state or condition of which was to be ascertained by the pulse, could decide with equal facility on the mode of cure,—in other words, equalize the excitement.

Dr. Thompson by considering disease as the general effect of a general cause, *obstruction*, fixed his remedy, like the others. Remove the *obstruction* is his cure. Remove the *debility* is Dr. Brown's cure. Remove the *morbid excitement* is Dr. Rush's cure. And all done by diffusive stimulants. The *debility* is to be removed by *diffusive stimulants*. The *morbid excitement* by *diffusive stimulants*. The *obstruction* by *diffusive stimulants*.

Medicines, says Dr. Hoffman, contain no incoherent principles of action in themselves. They do not act on the dead body, said Hippocrates; and their action on the living depends on the state in which they find it, whether torpid or irritable, strong or weak; and it is the same with all parts of the regimen, food, drink, air, exercise, or any other.

Medicinal substances may be perfectly understood in their chemical properties, as they are by some apothecaries; and yet we may be quite ignorant of them as to their physical operations on the human frame. This distinction will show that Dr. Thompson may, without a knowledge of chemistry or botany, know the physical operations of his medicines better than the most laborious chemist. The physical operation must be learnt chiefly by experience among the sick, not in the retirement of a school or a laboratory. Hippocrates has given us the clue, when he says, that medicines affect the body according to the state in which thay find it. The state or condition of the body, and the operation of the medicine on that state we commonly learn, as Thompson learned it, by experience.

I am not one of those who think that wisdom is to be obtained by idleness, or gained by chance; yet I know that some of the most valuable discoveries in the world have been made in obscurity, and have sprung, as it were, from fortuition,—not that I believe that there is anything absolutely fortuitous,—but to humble the pride of man, who is too apt to lean on the might of his own arm, and ascribe to himself the merit of great discoveries. The Deity concedes them to the humble and illiterate, while they are withheld from the vain sciolist, or proud aspiring doctor of the schools. Let those who despise Dr. Thompson and his discoveries, because he was poor and unlearned, remember the words of Him who knows the heart, and has given us an admonition which should sink us into the very dust, "I thank thee, O Father, Lord of heaven and earth, because thou hast hidden these things from the wise and prudent, and hath revealed them unto babes."

MEMOIR OF

DR. SAMUEL THOMPSON.

THE system of Medicine, now introduced, is not, I freely confess, my own. Neither to me, nor to any of the faculty, is the world indebted for its origin. Let merit be given where merit is due. The merit, in this case, is wholly and entirely due to the plodding genius of a labouring man of America, the particulars of whose life are most interesting, as they afford one of those instances, of which many have occurred in the history of mankind, that in the obscure depths of life many a brilliant gem is hidden, till a particular concurrence of circumstances brings to light the invaluable treasure, and converges on it the gaze and admiration of the world.

SAMUEL THOMPSON was born February 9th, 1769, in the town of Ashted, county of Cheshire, and State of New Hampshire, America. His parents had to depend upon their labour for support. About a year after the birth of Samuel, they had bought a piece of wild land, on credit, and had to pay for it by what they could make off the land. The country around was a wilderness, only here and there plots being brought into cultivation, by men who had taken them in the manner just mentioned. There was not a house of any kind near that of Thompson's, within three miles one way, and about one the other. There were no roads; and the wanderer had to find out his way by marks, which he had left upon trees as he passed them on his forward journey. Samuel had not entered his fourth year of life, when he was employed by his father to drive the cows to pasture, and watch the geese, an occupation which kept him all day in the fields. Then it was that he began unconsciously to lay the foundation of his future fame. With the playfulness and in

quisitiveness of childhood he amused himself, during the time that he was in the fields, with examining the herbs and flowers that grew around him. But about him there was something more than ordinary childish playfulness. He was curious to know what were the names, and for what good were adapted, all the herbs which he saw growing; and whenever any one was with him or came to him, he would endeavour to satisfy his curiosity by making, as well as he could, a variety of inquiries respecting them. All the information which he thus obtained, either by questions or personal observation, he seems to have laid up carefully in his memory, and never to have forgotten. An old lady, named Benton, who resided in the neighbourhood, was of great service in the improvement of his inquisitive mind. As there was no doctor near, she used to attend the family of Thompson, when there was any sickness among them. Her whole practice lay among roots and herbs, which she applied externally, or gave internally, in hots drinks to produce sweating; and when one sort failed to produce the desired effect, she would try another, till her end was gained in the relief of the patient. In consequence of the benefits which the family of Thompson received from her skill and attention, they became much attached to her, particularly Samuel, who took a great delight in accompanying her, when she went to collect roots and herbs, and used to make many inquiries of her respecting their names and use; while she on her part felt a pleasure in instructing his young mind in every particular. He has been heard to say, One day, in the fourth year of his life, during the summer season, when he was out in the fields, in search of the cows, he discovered a plant, which had a singular branch and pods, that he had never seen before, and he had the curiosity to pick and chew some of the pods. The effect which it produced upon him, put him upon one of those playful mischievous tricks, in which boyhood delights; and by way of sport, he used to induce other boys to chew it, that he might see them vomit. For nearly twenty years he carried on his amusement with this herb in this way, without knowing any thing of its medical virtues. But these simple experiments eventually led him to observe the value of it in disease. He afterwards gave it the name of the emetic herb, and it became the most important article he made use of in his practice. This was the Lobelia Inflata.

THE LOBELIA INFLATA.—No. 1.

In his eighth year he was taken ill, during the winter, with the canker rash; but the widow Benton cured him by her herbal treatment. This cure of his own ailment, made him more attentive to the use of roots and herbs, as medicine, than ever. He had by that time a pretty extensive knowledge of the natures, names, and medical uses of the principal roots and herbs to be found in that part of the country; and the neighbours were in the habit of taking him with them, to show them such roots and herbs as the doctors ordered to be made use of in sickness, for syrups, &c.; and by way of sport, they were accustomed to call him doctor.

He had not yet been to school, or had any chance whatever of learning to read. In his tenth year, the wilds having become somewhat populated, a school was commenced a little more than a mile from his father's house, where he had the opportunity of attending for one month. The weather was cold, and the journey rough, which prevented him from making much progress in learning; but the opportunity was considered a great one in a country where the people were few and poor. About this time he took a great dislike to working on a farm, and never after could be reconciled to it. The very mention of a plough, or of any other implement used on a farm, began to strike him with dread and abhorrence. This repugnance is most probably to be attributed to the hardships which he had endured from his most tender years, and to the severity which his father exercised towards him from his fifth year; at which early age he was forced to hard work, and kept to it with a strictness and rigour that made him unhappy, and almost ruined his tender constitution, which was lame from birth; he used to suffer much from pains in the hips and back, and frequently became so stiff with the hard labour, that in the morning it was with difficulty that he could walk. How cruel it is for parents thus to harass and distress the tender years of childhood!

When he had attained his sixteenth year, his parents, seeing him still so much taken with roots and herbs, began to entertain a thought of sending him to live with a doctor Fuller, of Westmoreland, who was called a root doctor. This much pleased him, and in some measure raised his ambition. But his hopes were soon disappointed by their considering him unfit for want of sufficient learning, and declaring that they could not spare him from his work. This disappointment much depressed his spirits: he gave up all hopes of going to any other business, and tried to reconcile himself to the spending of his days on a farm. But he could not; he felt discontented and unhappy.

In the year 1788, the nineteenth of Samuel's age, his father having acquired a little wealth by industry and hardship, purchased a piece of land on Onion River, in the state of Vermont; and, on the

12th of October, he started from Alstead, and took Samuel with him to go to work on the land, and clear some of it to build a house on, as it was all covered with wood. In four days after their arrival, they cleared a small spot and built a camp to live in. They had to cook and wash for themselves: their fare was poor, and their work hard. But they went on tolerably well till the 2nd of December. On that day Samuel had the misfortune to cut deeply his ancle, an accident which almost deprived him of life. The wound was a most serious one, as it split the joint and laid the bone entirely bare, causing a loss of the juices of the ancle-joint to a degree, that reduced his strength rapidly. His father sent for a Dr. Cole of Jericho, who ordered the wound to be washed with a decoction of sweet appletree bark, which caused great pain, and made it so much worse, that in eight days his strength was almost exhausted, the flesh on his leg and thigh was mostly gone, and his life despaired of. The doctor said, that he could do no more. His father became greatly alarmed and proposed to send for Dr. Kittridge of Walpole. But Samuel answered, that it would be in vain to send, as he could not, without some immediate assistance, live so long as the journey would take in going for him. The father in his distress knew not what to do. "There is one thing I have been thinking of," said Samuel, "which I wish to try, if it can be obtained; it would, I think, help me." The father anxiously inquired what it was. "If," answered Samuel, "you could find some *comfrey root*, I would try a plaister made of that and turpentine." The father went immediately in search to an old ruin, and had the good fortune to find some. A plaster was prepared according to Samuel's directions, and applied to the ancle on the side opposite to the wound. It had the desired effect. The juices stopped running in about six hours, and he was much relieved, though the inflammation continued to be great and the pain severe. The juices settled between the skin and bone, and caused a suppuration, which broke in about three weeks, during which he had not three night's sleep, or scarcely eat any thing. But he was saved from death by this remedy discovered by himself in the extreme emergency. It was the first, but it was not the last, time that the mother of invention, necessity, held forth her hand to him. The success which attended this experiment, and the natural turn of his mind to these things, was undoubtedly a principal cause of his devoting himself afterwards to the healing art fully and entirely.

The father now began to be anxious to return to Alstead, and asked Samuel if he thought that he could bear the journey, which would be long and rough, were he to be placed in a bed laid on a sled Samuel answered that he was willing to try. A sled was immediately made, and he was put on it in a straw bed, on the 1st day of February, 1789, and commenced the journey, The sled

jolted as it passed the rough road, and caused his sufferings to be great. It was doubtful with the father, and with Samuel himself, whether he would live to perform the whole of the long journey. But they proceeded onwards, and accomplished twenty miles the first day. In a few days they reached Walpole, when the father proceeded immediately to the house of the famous Dr. Kittridge, to have him dress the wound, and hear his opinion of the situation of Samuel. When they arrived at the house, the doctor was out; but with the permission of his wife, as it was nearly dark, they concluded to remain there for the night; and accordingly, Samuel was conveyed into a room on his bed, and placed by the fire. The doctor soon came home, and upon entering the room where Samuel was, cried out in a rough manner, "Who have you here?" His wife answered, "a sick man." "The devil," replied he, "I want no sick man here." Samuel was terrified at his coarse manner of speaking, and thought that if he were so rough in language, what would he be when he dressed the wound. But he was happily mistaken, for the doctor took off the bandages with great care, and handled him very tenderly. Upon seeing the strings that were in the wound, he exclaimed, "What the devil are all these halters here for." The father told him that they were put in to keep the sore open. He said, "I think the sore open enough now, for it is all rotten." Anxious to know his opinion, the father then asked him what he thought of the situation of his son. "What do I think?" exclaimed he, "why, I think he will die." And then, casting a humourous look upon Samuel, he added, "Though I think, young man, you will get well first." In the morning he dressed the ankle again, and gave some salve to be applied to it for the future. At the father's request the bill was made out, and for keep and attendance amounted only to fifty cents, a sum, says Thompson, far short of what is charged at present by the regular physicians of America. They will hardly look at any one without making him pay two or three dollars.

I have been particular in describing this interview with Dr. Kitridge, on account of the great name which he had acquired, and justly deserved, among the people throughout the country, for his extraordinary skill in surgery. His system of practice was peculiarly his own; and all the medicines he used were prepared by himself, from roots and herbs which grow in America. He was an eccentric character, and uncouth in his manners; but possessed a good heart and benevolent disposition. He was governed in his practice by the great plan which regulates nature; and the uncommon success which he met with, is sufficient evidence to satisfy any one of the superiority of his practice over that of those who are considered qualified merely because they have read much, and are well acquainted with the poisonous instruments of torture.

Leaving Walpole early in the morning, the father and son reached their home about mid-day; and Samuel found himself again, to his great joy, in the care of his mother and sisters, who, though they rejoiced to have him again among them, were grieved at his distressed situation. For some time his case was considered doubtful; but by good nourishing and constant care, he was enabled in the spring to superintend the business at home. At this time, A.D. 1790, having attained his twenty-first year of age, he was presented by his father with a deed of one half of the farm of Alstead, consisting of 125 acres, and the father removed to Onion River, leaving the mother and a sister to his care. Soon after this arrangement, Samuel took a bad cold, which threw him into a slow fever. In the month of March, his mother, sister, and himself had the measles, the mother being the worst, having what doctors call the black kind. She was so ill that her life was despaired of. The disease struck inwards, and settled on her lungs so virulently that she never after regained her health. Several doctors attended her without doing any good. Her cough grew very severe, her mouth very sore, and she became altogether greatly distressed. Samuel, by attending upon her under the direction of the doctors, took the cough, and the other symptoms of the complaint. But still, his assiduity towards her was unremitted. However, in spite of all, she continued to grow worse daily, and he had the grief of seeing her expire on the 13th of May, 1790. The doctors gave her disease the name of galloping consumption, a very appropriate appellation, in truth; says he, for in that case, they seem to have acted as riders, Mercury, Opium, and Vitriol as whips in their hands, and they galloped the poor woman to such a degree, that they drove her ruthlessly beyond the boundaries of this world, into the "dark unknown" region of the other, in about nine weeks.

Samuel, being much reduced by the same disorder of which his mother died, was often importuned by the doctors to take some of their medicines; but he declined, having made up his mind *to die a natural death*. They tried to alarm him by saying that he had no other chance of help, and that they thought they could cure him. But he always told them, that he had observed the effect of their medicines upon his mother; that she gradually got worse under their operation, and that he had no inclination to risk himself with them. And indeed he was always of an opinion, during his after-life, that if he had followed their advice, he would have been galloped out of the world as his mother was. He undertook to doctor himself; and made syrups of such things as he had a knowledge of. He soon succeeded in relieving his cough; and, with the aid of the warm weather, recovered his health so rapidly, as to be able to work in the month of June.

Desirous of having a partner who would soothe his hours with

love, and take a warm interest in improving and saving his property, he married Susannah Allen, on the 7th of July, 1790. On the 4th of July in the following year, she was delivered of a child in the most distressing manner. For nearly two days before delivery she had to endure an uninterrupted struggle of forcing nature, which produced such injury to the nervous system, as to cause most violent convulsive fits about an hour after delivery. There were six doctors in attendance upon her, and a seventh was sent for; but her fits continued to grow worse under their care. One would give her his medicine; another opposed him as doing wrong. Another would bleed her, while another condemned such practice: and thus it was among them. Thompson began to be irritated, considering that they were trying experiments upon his suffering wife; and became so dissatisfied with their conduct, that at last he told them what he thought; that he had heard them accusing one another of doing wrong; and that he was convinced that they had all told the truth, all having done wrong. They unanimously declared that there was no hope of her recovery; and he dismissed them all, having seen enough of their conduct to convince him that they were doing more harm than good. The witnessing of this scene of human butchery was the first cause of his paying attention to midwifery, in which he afterwards became successful.

After these doctors had gone, he sent for Dr. Watts and Dr. Fuller, who were called root doctors. They attended his wife during a night; and in the morning the fits left her, about the same hour that they had commenced their treatment on the previous evening. She had suffered altogether eighteen of the most shocking convulsion fits that were ever witnessed. When the fits left her she became utterly senseless, and raved distracted for three days. During the three following days she lay in a state of complete stupefaction. The three next days she passed in frightful laughing, and the three after those in pitiful crying. She then came to herself again, like a person awaking from sleep; retaining no knowledge of what had passed, ignorant that she had been sick, or that she had brought into the world a child. The two doctors continued to attend her, and use all the means in their power to strengthen the nervous system. But she recovered slowly; and indeed was never after entirely well. This distressing occurrence threw Thompson back in his affairs, and cost him above 200 dollars. From this sickness his wife had not been freed more than a month, when she was attacked by the cholic, and required again all his attention, as well as that of the two doctors who attended her before. But, notwithstanding all their exertions, the disease had its regular course for several days, and then, as it were of its own accord, left her. These attacks continued once a month, or oftener; and it was such an inconvenience to be going

every time for a doctor living at a distance, that Thompson let a young man, named Dr. Bliss, who studied with Dr. Watts, have a house on his farm, for the sake of having aid close at hand. This doctor lived on the farm seven years, during which time Thompson acquired a considerable knowledge of all the medicines which he used, and of the methods by which he cured disease. The doctor, finding that Thompson had a natural turn for medical practice, spared no pains to communicate all the information in his possession. It does not appear, however, that Thompson had at this time any thought of ever practising, except within the limits of his own family. Dr. Bliss used chiefly roots and herbs during the first years of his practice, and his success was great in curing canker and old complaints; but in course of time he passed into the fashionable mode of treating his patients, giving them apothecaries' drugs, and thus became more popular among the faculty, but less useful to his fellow-creatures.

Thompson was now bent upon learning the medical properties of all the vegetables that he met with, and invariably tasted every thing of the kind that he saw. Having a retentive memory, he never forgot the taste and use of all that were shown him by others or discovered by himself. The practice of tasting roots and herbs was of great advantage, as it enabled him to ascertain their respective qualities and usefulness for particular diseases. He was often told that he would poison himself by tasting every thing that he saw: but he thought that he ought to have as much knowledge as a beast, to whom the Creator has given an instinct to discover what is proper for food, and what for medicine. He had at this time but little knowledge about disease; but he had a great inclination to learn, and lost no opportunity of improvement.

It was about this time that his mind was awakened to the thought, that the herb which he had discovered when four years old was of value as a medicine. Mowing one day in a field with a number of men, he cut a sprig of it and gave it to the man next him to eat. The man eat it; but when he had mowed to the end of the piece, which was about six rods, he said, that he believed what he had eaten would kill him, for he never felt in such a way before. Thompson looked at him, and saw that he was in a most profuse perspiration; being as wet all over as he could be, trembling very much, and having no more colour in his face than a corpse. He told him to go to the spring and drink some water. The man attempted to go, and reached the wall, but was unable to get over it, and laid down on the ground and vomited several times. He said, that he was sure he threw off his stomach two quarts. Thompson helped him into the house, and after the lapse of two hours he eat a hearty dinner, and in the afternoon was able to go through a good half day's labour,

declaring that he never had any thing in his life that did him so much good. His appetite was better, and he was in every way better than he had been for a long time before. This incident gave Thompson the very first idea of the medicinal virtues of this valuable plant, which, during 20 years' experience, in which time he made use of it in every disease he met with to great advantage, he it found to have been a discovery of the greatest importance.

In March, 1794, his second daughter was born, and his wife had no medical assistance, except what he himself, with the advice of the doctor who lived on the farm, gave her. She was never after afflicted with the cholic.

His eldest daughter, when she was about two years old, was taken ill with what is called the canker rash. Dr. Bliss was sent for, and said that she had that disorder as severely as any one he ever saw. He tried his utmost skill to prevent putrefaction, which he feared would take place. But all his efforts were in vain; and at length he declared that he could do no more, and that she would die. She was senseless, and the canker was to be seen iu her mouth, nose and ears. One of her eyes was covered with it, and closed; the other began to swell, and turn purple also. Thompson asked the Doctor if he could not keep the canker out of that eye; but he answered that he could not, and that she would not live. Thompson told him then, that as he could do no more, he must try what he could do himself. He perceived that, if the canker could not be stopped immediately, she would be blind in both eyes. Besides, she was so distressed for breath, that she seemed at times in danger of suffocation, and would spring straight up in bed, on tip-toe, struggling to breathe. The method of treatment which he adopted was this—Seated on a chair, he held his daughter in his lap, and wrapped a blanket round her and himself. Then his wife held a hot shovel between his feet, and poured vinegar on it to raise a steam, which he kept up as hot as his daughter could bear, by substituting another hot shovel, when that in use had become too cold. By this process, carried on for about twenty minutes, his daughter became comfortable, aed beathed easily. He repeated this steaming every two hours. He also kept a cloth, wet with cold water, on her eyes, changing it as often as it grew warm. In a week her eyes opened, but were completely covered with canker, and were as white as paper. To take off the canker he used a wash of rosemary; and, when the scale came off one eye, the sight came out with it, and it entirely perished, The other eye, however, was saved, to the astonishment of all who saw her, particularly the Doctor, who used frequently to call to see how she was going on. He pronounced that she had been saved solely by the plan which Thompson had pursued, and the great care and attention which he had paid to her. She entirely recovered

from the disease, with the exception of the loss of one eye, and enjoyed good health ever after.

This was the first discovery which Thompson made of the advantages of steaming, and using cold water. He found afterwards, by experience, that putting a hot stone into a vessel of hot water, leaving it partly out of the water, and then pouring vinegar on it, was an improvement. As care should be taken not to raise the steam too fast, he used to put a cloth, wet with cold vinegar, on the stomach, at the same time giving hot medicine to raise the heat inside; and when the patients had been steamed in this manner, as long as he thought that they could bear it, he then rubbed them all over with a cloth, wet with spirits, vinegar, or cold water, changed their wearing clothes and bed-clothes, and put them to bed.

A short time before this daughter was sick, occurred the birth of his eldest son; previously to which his wife had what is called a three months' fever. The experience which he derived from this case gave him an insight into the practice of doctors in prolonging disease. He could not reconcile himself to the idea that a doctor could be of any use if the fever must have its course, and nature herself be left to perform the cure, while all the time the doctor received the credit of it, together with his pay. He observed that if the constitution of the patient be strong enough to enable him to struggle against the operation, both of the disorder and of the medicine, he will recover; but if not, he will run down, in what the doctors call a galloping consumption. The doctor proceeded in this manner with the present case, until Thompson, satisfied of his plan, interfered and dismissed him. His wife then, ceasing to take the doctor's medicine, soon began to recover from the effects of the three months' fever, and was, in a short time, able to attend to her affairs. The son was attacked with the croup, or rattles, when he was about six weeks old. He was attacked a little before sun-set with a hoarseness, was exceedingly clogged with phlegm, and breathed with so much difficulty that he could be heard throughout the house. Thompson sent for the doctor, who attended till about ten o'clock at night without doing any good, and then went away, saying that the child could not live till morning. After he was gone, Thompson again had recourse to his own judgment and ingenuity. He searched the house for some rattlesnake's oil, and finding about three or four drops, gave them to his son. The phlegm was shortly loosened, the breathing began to be easy, and by break of day, in consequence of receiving close attention during the night, the child was rendered comfortable. Upon paying his visit in the course of the day, the doctor expressed great astonishment to find the child alive, and was anxious to know by what means he had been delivered from his desperate situation. Upon being informed by Thompson, he seemed much gratified, and

observed, that he was willing to allow that the most valuable knowledge obtained by doctors, was either through accident or the suggestions of necessity. It was from these suggestions that Thompson was now continually deriving improvement. In this instance, he discovered a new cure for a desperate disease, of great use to the doctor as well as to himself. But the doctor, instead of acknowledging how much he was indebted for the information which he had received, gave him no thanks, and charged him for his useless visit.

Thompson now began to preserve, in the proper season, all the herbs and roots, with whose properties he was acquainted, in order to be able at all times *to prevent* as well *as to cure* disease; for he found by experience that one ounce of preventive was better than a pound of cure. He observed that the simple herb mayweed would, when a person had caught a cold, if made into a cup of strong tea and taken when going to bed, prevent more disease in one night, at one cent.'s expense, than would be cured by a doctor in one month, at one hundred dollars expense, with the fees, the apothecary's drugs, and the nurses.

Thompson had not yet, at this time, the most distant idea of ever engaging in the practice of medicine, any further than would serve to assist his own family. Little did he think, that the severe trials which he had suffered in the cases above-mentioned, and the expedients to which he had been forced to resort to cure the members of his family, were hereafter to bring about such remarkable consequences as they did, and lead him into a course of life which was altogether new to him, but for which however he was framed and destined by nature. It seemed like a judgment upon him, that either himself or some member of his family was always ill during the seven years that a doctor lived on his farm. When he had received more experience and become better acquainted with the subject of medicine, he had no doubt of the cause. Whenever any of his family took a cold the doctor was sent for, and always either bled or gave physic. Thompson observed, that the taking away of the blood reduced the heat of the body and gave more scope to the cold, by which error the disorder was increased, and the coldness of the stomach caused canker. Then the physic drove all the determining powers from the surface inwards, and scattered the canker through the stomach and bowels, thus holding the cold inside and expelling the heat outside. The consequence, he remarked, was, that perspiration ceased, because internal heat is the sole cause of this important evacuation, and a settled fever took place, which continued as long as the cold kept the upper hand. This experience taught him, that by giving hot medicine the internal heat is increased, and by

applying steam externally the natural perspiration is restored, by which means, medicine to clear the stomach and bowels from canker, not being neglected, the cold is driven out and the heat returns, causing the turn of the fever; the digestive organs recover their health and action, and the food, which is the fuel that continues the fire or life of man, then keeps the heat where it naturally resides.

After the doctor had left his farm, Thompson had but little sickness in his family. On the birth of the second son, about two years from the birth of the first, he had no occasion for a doctor. His wife did well, and the child was more healthy than the others had been. He never after employed a doctor; for he found, from sad experience, that such a visitor made more sickness than he cured. When any one of his family fell sick, he had no difficulty in restoring health by such means as were within his knowledge. As fast as his children arrived at years of discretion, he instructed them how to cure themselves, and they all kept themselves in good health. If parents would adopt the same plan, and depend more on themselves than they do, they would avoid much sickness in their families, as well as save the expense of employing a regular physician whenever any trifling sickness occurs, whose charges are often a grievous and heavy burden upon them. I shall endeavour to instruct the people as much as is in my power, by giving them a plain and clear view of the experience I have had, that they may benefit by it. If they do not the fault will not be mine, for I shall have done my duty. I am certain of the fact, that there is in the country, within the reach of every one, simple medicine enough to cure, if timely and properly administered, all the diseases to which we are liable.

At the birth of the third son, in the year 1779, the wife was again given up by the midwife. She was seized with ague fits and cramp in the stomach. She was in great pain, and there was much alarm for her situation. He proposed to give her some of his own medicines; but the midwife resisted the proposition. She said that she wished to have a doctor, and the sooner the better. Thompson immediately sent for one, and tried in the mean time to persuade her to give his wife what he thought would relieve her, till the doctor should come. But she refused, saying that his wife's case was a difficult one, not to be trifled with,—that not one out of twenty survived her danger, and that probably she would not be alive in twenty four hours. All then was suspense till the man returned, and said that the doctor could not be found. There was no other doctor within six miles. Thompson then came at once to the determination of listening to no one any longer, but pursuing his own plan. He told his wife that, as the midwife declared that she could not live

more than twenty-four hours, her life could not be cut short more than that time, and there could be no hazard in trying what he could to relieve her. He then gave her some warm medicine, to raise the internal heat, and applied the steam, which operation was resolutely opposed by the midwife. But he persisted in it, following his own good judgment; and the consequence was, that his wife, who had lain in a most awful state, without anything being done, for above four hours, was relieved in an hour. The midwife was astonished at his success, and declared that he had saved the life of his wife, for she was certain that she could not have lived without the means he had employed. The wife, in the course of a short time, was perfectly recovered.

This was the fifth time that necessity, the mother of invention, had supplied him with the assistance immediately required, and each time with remarkable success.

These cures began to be much noticed, and became a topic of conversation in the neighbourhood. Some of the neighbours now applied to him in cases of sickness; and he attended several with most pleasing results.

Previously to this period, he had paid some attention to the farrier business, and had been useful in that line. This, however, gave occasion to the ignorant and incredulous to ridicule him, and laugh at those whom he attended. But their folly or malice had no weight with him, for he had no other object in view but to be serviceable to his fellow-creatures, and he was too firmly fixed in a determination to pursue that course which he considered to have been pointed out to him as his duty, by the many hard trials he had suffered, and the experience which he had acquired by them, to be deterred by the remarks of the foolish, or of the malicious part of the community.

In the year 1781, the wife of Thompson brought forth another child, the fifth of the sons whom she bore in succession. She afterwards had another daughter, who was the last child, making in the whole eight children, five sons and three daughters. The reader may judge of the many trials which he had to undergo in the many cases of sickness and troubles which are commonly attendant on families, but of which, in his large family, he had a large share. The knowledge and experience, however, which he gained by these trying scenes he had reason to be satisfied with, as they proved a blessing, not only to himself, but to many hundreds who, through his means, were relieved from sickness and distress.

In the month of November, 1802, his children had the measles severely. The want of knowing at that time how to treat that complaint, gave him a great deal of trouble, which he was spared after

wards, when experience told him how easy it was to manage. The third son had it the worst. The measles would not come out, but turned inwards, and completely stupefied the child. The canker settled in the throat and mouth, and the rosemary had no effect. Putrid symptoms also made their appearance; so that Thompson was under the necessity of inventing something both against them and the canker. He used the steam of vinegar to guard against putrefaction; and gold thread (or yellow-root), with red oak acorns, pounded and steeped together, against the canker. These remedies had the desired effect; and by close attention the child grew better. The second son was then taken in the same manner; and with him Thompson pursued the same mode of treatment with the same success. But the disease had so affected his lungs, that he could not speak for three weeks; and it was to be feared it would throw him into a consumption, as was before the case with the mother of Thompson. He could for some time hit upon nothing that would do any good, till at last he administered several portions of the *emetic herb*, which relieved the child, and enabled him soon to recover. During this sickness, Thompson and his wife suffered much from fatigue and want of sleep, neither of them having their clothes off for twelve nights. This was a profitable fortnight's schooling for him, in which he learnt the nature of the measles, and gained experience which enabled him to cure many others of this disease, as well as of the canker rash. In these two disorders, joined with the small pox, which he had suffered himself and carefully examined in 1798, he found a mirror in which he could see the nature of every other disease. The small pox he had discovered to be the highest stage of canker and putrefaction that the human system is capable of receiving; the measles to be the next, and the canker-rash the third stage, and other disorders to partake more or less of the same; so that he concluded that to know how to cure one, was to know how to cure all, as the same means that will put out a large fire will put out a candle.

Soon after his family had recovered from the measles, Thompson was sent for to see a woman of the name of Redding, in the neighbourhood. She had for many years been afflicted with the cholic, and could get no relief from the doctors. Thompson went, and, upon examination, found that the disorder was caused by canker. He followed the plan which experience had taught him, by which he relieved her from the pain, and so far removed the cause, that she never had another attack of that disease. In this case, the cure was so easily performed that it became the subject of ridicule; and the woman, seeing the remedy which he used to be so simple,

was actually ashamed to acknowledge that she had been cured by him.

For several years Thompson attended to this family, in case of need, and always answered the desired purpose. But his practice was so simple that they undervalued it, and growing disgusted at their uncourteous treatment of his kindness, he refused at length to do anything more for them. But after this time, as they employed the fashionable practitioners, they had sickness and expense enough to satisfy them. Indeed, soon after, one of the sons was taken ill, and given up by the doctor who attended him. As the doctor had left him to die, he in turn left off taking the doctor's medicine, and then got well of himself. But the doctor would have the credit of the cure; and for it and another similar one, made a charge of a hundred dollars.

Such is the foolishness of many, preferring long sickness and great expense, for the sake of being fashionable, to speedy and natural relief conferred in a simple way, and at a trifling expense.

Thompson was next requested to attend a Mrs. Wetherby in the neighbourhood, who had also the cholic. She had been afflicted with it for several years, having periodical returns of it about once a month; and had been under the care of a number of doctors, who had exercised all their skill without affording her any relief, except what was temporary, and that by stupifying her with opium and other physic, which kept her quiet till nature wore them off, and then she had a relapse. Upon hearing of his having cured Mrs. Redding, she sent for Thompson. He steamed her, which gave her relief in an hour; and administered also his medicine to remove the canker. She had a large family to look after, having thirteen children, and by her attendance to them, before she had recovered her strength, she exposed herself and had another relapse. He attended her again, and relieved her by the same method as before. But she could not wait till she regained her strength, exposed herself again as before, took a fresh cold, and had another relapse. Her husband told Thompson, that he relieved her only for a time, but did not remove the cause, and sent for a doctor to remove the cause. The doctor carried her through a course of physic, and reduced her so low, that she lingered along for eight weeks unable to do any thing the whole time. He then decided that she had the consumption, and gave her up to die.

Being left in this state as incurable, she applied again to Thompson; but he declined doing anything for her, as he knew that her case had become much more difficult than it was before she applied to the doctor, and that if he should fail in curing her the blame would be all laid upon him, whereas, if she recovered he would not

receive any credit for her recovery. For these reasons he felt very unwilling to do any thing for her. But upon going home one day to dinner from his forenoon's work, he found her at his house waiting for him; and she insisted so strongly upon his undertaking to cure her, and seemed to have so much faith in his being able to do so, that at last he told her, that if she would come to his house and stay with his wife (who was also sick at the time), he would do his best to cure her. She readily consented and stayed three days with him; during which time he followed his usual plan of treatment, giving her medicine to remove the canker, and steaming to produce a perspiration. At the end of three days she went home, taking with her some medicine, with directions how to go on; and in a short time perfectly recovered her health. In less than a year she had another child, which was the conclusion of her having children or the cholic; and ever after she enjoyed as good health as any woman in the neighbourhood. But this cure was effected in so simple and unfashionable a way, that the family hardly gave him any acknowledgement for it; nor did they, when any of them were sick afterwards, apply to him for relief till they had failed in procuring it every other way.

About a year after the above case, one of this family, a young man about sixteen years old, was attacked with a fever. The doctor was sent for, followed the fashionable course of practice, and reduced him with mercury and other poisons, so that he lingered along for three or four months, constantly growing worse. The doctor than said, that it was a rheumatic fever, and afterwards, that he was in a decline. The young man had taken so much mercury, that it had settled in his back and hip; and his limbs were so stiff, that he could not bring his hands lower than his knees. By this time the doctor had given him up as incurable; and he was considered a fit subject for Thompson to undertake. The family applied to him: and he agreed to take him home, and do what he could to cure him. He undertook a difficult task; for he had to bring him back, in the first place, to the state in which he was when he had the fever, and this, by destroying the effects of the poison; and then he had to regulate the system by steaming so as to produce a natural perspiration. By pursuing his old plan, and giving such things as he could get, to restore the digestive powers, he brought the young man completely round to health in two months. For this service he received but five dollars; and this sum was more grudgingly given to him, than fifty would have been paid to a doctor for doing no good at all.

In the spring of the year 1805, he was sent for to go to Woodstock in Vermont, to attend a young woman, who was considered to

be in a decline, and to whom the doctors were of no service. He found her exceedingly reduced, and unable to sit up but very little. He stayed and attended her about a week, and then returned home, leaving with her medicines and directions to go on with. In about a month he went again to see her, and found her so much better, that she was able to ride to her father's house, a distance of twenty miles.

It had not even up to this time occurred to the mind of Thompson, that he possessed any knowledge of medicine or disorder, more than what he had learned by accident; and we have seen that all the cases which he had attended were of the extreme and desperate kind. But he had in a suprising manner cured them all; and his success had become the common theme of conversation for a circuit of fifty miles. His services began to be so frequently requested by the people all around, that he found it impossible to attend to his farm and family, as he ought; for his attendance he had received little to compensate him for the loss of his time: and he therefore saw, that the period had now arrived, when it was necessary to come to a determination either to give up medical practice altogether, or make it his sole business. He consulted with his wife, and asked the advice of his friends on the subject. They all agreed that, as medicine seemed to be the natural turn of his mind, it would be the best to follow his inclinaition, if he felt that he was capable of such an important undertaking.

He weighed the matter well in his mind: he looked at his want of learning, and at his ignorance of the world; and considered that the project on which he was pondering, was one of the greatest that any one could engage in. As he dwelt upon these thoughts, he felt the gloom of discouragement come over his mind. Yet a strong inclination for the practice of which he could not divest himself, urged him onwards; and he had always an aversion to the working of a farm, for which he found it difficult to account, since he had carried on the agricultural business with great advantage, and had as good a farm as any one in the neighbourhood. Yet every thing connected with a farm was to him disagreeable and burdensome. He finally concluded to make use of that gift with which, he believed, the God of nature had endowed him, considering that, if he really possessed an innate gift for medicine, he had little need of adventitious learning: and he was further encouraged by the words of St. Paul, who says in one of the epistles to the Corinthians, speaking of the different gifts of the Spirit, that "one has the gift of prophecy, another the gift of working miracles, another the gift of healing." It seems indeed to be indubitable, that every man is formed with a capacity

adapted for some particular pursuit of life, in which, if he engage, he will be more useful then, if he be so unfortunate as to follow any other calling or profession, Thompson seems not to have been mistaken in his natural disposition, or gift, if we may take as a criterion the extensive usefulness which marked his practice, the extraordinary success with which he was favoured, and the powerful protection and support which rallied around him when enemies at length rose up against him and endeavoured to arrest his medical career.

When he had come to the resolution to devote himself entirely to medical practice, he found it necessary to fix upon some system or plan for his future government in the treatment of disease. What he had hitherto done had been, as it were from accident, from necessity urging him to act in the particular cases, which were forced upon him. He had been governed by no fixed plan, but solely by his prompt judgment, and the dictates of what experience he possessed. Now, however, he deemed a system to be necessary, not only as a constant guide for himself, but also, that all the discoveries which he might chance to make, might be enabled to converge to a simple principle, which could easily be taught to others, and preserved for the benefit of the world. In this task he had no other assistance than his own observations, and the natural reflections of his mind. He took nature as his guide; and, after considering well every part of the subject, he came to certain conclusions concerning disease and the whole animal economy; conclusions with which he seems to have been, after thirty years successful experience, thoroughly satisfied, as forming the only correct theory.

His practice was invariably conformable to the general principle upon which he founded his system; and in no instance had he ever reason to doubt of the adaptation of his principle for the cure of every case of disease. *That all disease is the effect of one general cause, and can be removed by one general remedy, was the first principle upon which he erected his fabric.* I shall endeavour to explain his system as clearly as well as concisely as I am able, in hopes that my readers will easily understand it, and be convinced of its correctness.

He considered, as was indeed the opinion of all antiquity, that all animal bodies are composed of the four elements, fire, air, earth, and water: that earth and water constitute the solids, fire and air cause life and motion; that cold, or the diminution of heat, gives rise to all disease; that to restore heat to its natural position is the only way to expel disease; that, after restoring heat, by clearing the body of all obstructions, and bringing back a natural perspiration, the stomach will digest the food taken into it, and the whole body begin to be nourished and invigorated; that the constitutions of all men are essentially the same and differ only in the different temperament of

those same materials of which they are composed; that therefore all disease proceeds from one same general cause, and can be cured by one general remedy; that perfect health consists in the due balance of the temperature of the four elements, but that if the balance be destroyed the body is disordered; and that when this is the case, there is always a diminution or absence of heat, and in proportion to this diminution or absence, the body is affected by its opposite—cold. In short, he considered (and his subsequent experience served but to confirm him in his principle) that all the disorders with which the human family is afflicted, however various their symptoms are, and however different the names by which they are called, arise directly from obstructed perspiration, which itself is caused by cold, or a want of heat; for if there be a natural heat, it is impossible but there must be a natural perspiration.

Having determined upon this general principle, as the only one upon which he could form a correct system, he next turned his mind to the consideration of the kinds of medicine and treatment which would best answer this universal plan of curing disease: for it must, I think, be certain and self-evident to every one, that whatever will increase the internal heat, remove all obstructions of the system, restore the digestive powers of the stomach, and produce a natural perspiration, is universally applicable in all cases of disease, and therefore may be considered as a general remedy. But it would not hold the heat long enough to effect the object fully. It was like a fire made merely of shavings, it would give a strong heat for a short time, and then go out, leaving the cold again behind it. After trying every thing within his knowledge, he at length fixed upon the medicine which he has called No. 2, Cayenne Pepper, in his patent; and which he pronounced, after the experience of many years, to be the best thing that can be used for holding the heat in the stomach, till the body is cleared of obstructions, and a natural digestion is produced of food which will nourish the body, establish perspiration, and restore health. He found it to be perfectly safe in all cases, and never knew of any bad effects from administering it.

His next business was to fix upon something that would clear the stomach and bowels from obstructions and canker, by which last they are more or less affected in all cases of disease to which the human family is subject. Canker, or putrefaction, is caused by cold, or want of heat; for, when any part of the body is so affected by cold as to have wholly lost the natural heat, canker or putrefaction commences, and if not checked by medicine, or overcome by the natural strength of the constitution, it will be communicated to the blood, and death will end the contest between heat and cold by

giving predominance to the latter. He used many articles for removing canker; but he considered that his preparation No. 3, an astringent, hereafter explained, was the best that had come to his knowledge.

Having decided upon the medicines best adapted for carrying out his great principle, he settled upon a general plan of treatment for all cases of disease. It was, first, to cleanse the stomach by giving No. 1; secondly, to produce as great an internal heat as he could by giving No. 2; and, when necessary, to make use of steaming, especially in fevers; and then, thirdly, by No. 3, to clear off the canker; and, in all cases where the patient had not previously be-

come so far reduced as to have nothing to build upon, he was successful in restoring them to health. He found that fever was a disturbed state of the heat; or, more properly, that it was caused by the efforts which nature makes to throw off disease; and, therefore, ought to be aided in its cause, and treated as a friend, and not as an enemy, as is the practice of the physicians. In all cases of disease, he found that there was more or less fever, according to the state of the system; but that all fevers proceed from the same cause, differing only in symptoms, and may be managed and brought to a crisis with much less trouble than is generally considered practicable, by increasing the internal heat till the cold is driven out, which is the cause of it.

Such were the main principle, medicines, and method of treatment which Thompson, after deep consideration, adopted: and we are henceforth to behold him no longer wasting his days against his will in the culture of a farm, but advancing forward with unexampled success in that career of medical practice to which his inclination led him, and for which he was naturally formed. It would be impossible, in the brief sketch which I must here take of his life, to give an account of those numerous instances of cures which he surprisingly wrought. He wrought them, as it were, by magic: there was no species of sickness but what disappeared before him. In every case where his directions were strictly adhered to, and the patient had not previously become so far reduced as to have nothing to work upon, he was successful; though the cases which fell to his share were commonly of the worst kind, being such as had been given up as hopeless by the regular practitioners.

Scarcely had he come to the decision of making medical practice his sole occupation, in the year 1805, when an alarming disease, which was considered to be the yellow fever, spread widely its ravages through his own neighbourhood of Alstead and Walpole. Among the innumerable cases which he attended, he had the fortune not to lose a single patient, while nearly all those who were attended by the regular physicians died. He was so engaged for the forty days during which this disease prevailed, that he was able to be at home but eight nights, acting as nurse as well as doctor. He found of great use the process of steaming, which he had first discovered and practised in the case of his own child: but experience taught him that putting a heated stone into a spider or iron basin, and then wetting the top of the stone with vinegar, was an omnipotent improvement upon his original mode. This simple process, together with a little medicine prepared by himself, answered its purpose far better than the bleeding and poisonous physics which were employed by the doctors. While he was attending those who were sick, and they found that his mode of treatment relieved them from their distress, they were

ready to flatter and give him credit for his practice; but after he had worn himself out in their service, they began to think it was not done in a fashionable way; and the doctors made use of every means in their power to ridicule him and his practice, for the purpose of maintaining their own credit with the people. This kind of treatment was a new thing to him, as he did not at that time so well understand the craft as he did afterwards, from hard-earned experience. The word quackery, when used by doctors against him, was a very important charm to prejudice the people against his practice.

I must now be content with adverting to a few of the various cases of disease which he attended, till his fame became established throughout the country, and his success awakened such a virulent enmity against him among the faculty, particularly in one of the body, named Dr. French, that his services were at length, not rewarded as they should have been with honourable promotion, but shamefully arrested by an unjust warrant, and, without even the form of a trial, chained down to the iron bed of a fetid cell in a prison.

In the meantime we see him in four days curing, so as to enable him to attend to his business, a young man at Walpole, of the name of Fairbanks, who had been seized with such a bleeding at the lungs, that the family judged him to have lost six quarts of blood in twenty-four hours. The doctor in attendance fled at the approach of Thompson to the house: the young man was in despair, and had taken his last adieu of the family. Thompson carried him through a course of medicine, which produced a profuse sweating; he then gave medicine to clear off the canker, and the young man in an incredibly short time became well.

A female of Walpole, Mrs. Goodell, attended by the most noted doctors, was at last pronounced by them, after three months trial, to be in such a state of decline, so putrid and ulcerated, as to be utterly incurable. She had, in addition to the rest of her difficulties, a cancer on the back. In four weeks Thompson enabled her to do some work.

Another woman, dropsical for many years, attended by several mercurial doctors, and at length grown so bad as to begin to turn purple in spots, and have every appearance of advancing mortification, was brought round by him in a week, so as to enjoy comfortable health for twelve years after. He adopted his usual course, gave her a gill of checkerberry and hemlock distilled, to allay the heat immediately, and then cleared the stomach.

Another female who was brought in a bed to his house from a distance of 130 miles by her son and daughter, having lain in bed with her joints stiff the greater part of ten years, and who was given up by all the doctors of her part of the country as entirely incurable, he brought round so surprisingly in three months, that at the end of

that period she was able to return home without the aid of her bed, riding easily at the rate of thirty miles a day. Notwithstanding this desperate case was cured, to the astonishment of all who witnessed it, the doctors had so much influence over the people, and made so many false statements about it, that Thompson got no credit for the cure. This woman's brother had said that her husband wanted to kill her, or he would not have sent for Thompson. Such kind of ingratitude was discouraging to him; but it did not prevent him from persevering in his duty.

A short time after the above case happened, the woman's brother who had made the speech about Thompson, was taken very sick, with what was called the yellow fever, and sent for him. He attended him, and asked him if he wanted to die. He said not; why do you ask that? Thompson told him that he should suppose from the speech he had made about his being sent for to his sister, that he did, or he would not have sent for him, if he believed his own words. He said he thought differently now. Thompson attended him through the day with his own practice. To sweat him, he took hemlock boughs, and put a hot stone in the middle of a large bunch of them, wrapping the whole in a cloth, and poured on hot water till he raised a lively steam, and then put one at his feet, and another near his body. He gave him medicine to raise the inward heat for the canker; after attending him through the day, he went home; and on calling to see him the next morning, found that his fever had turned, and he was quite comfortable, so that he was soon about his business.

He was about this time sent for to see a child in Surry, a neighbouring town, who was taken very sick, and was entirely stupid. He told the father of the child that it had the canker, and made use of his common mode of practice for that difficulty. Being sent for to go to Walpole to see two young men who had been taken the day before with the prevailing fever, he left the child, with directions how to proceed with it. He then started for Walpole, and found the two young men violently attacked with the fever. They had a brother who had been attended by the doctor for about four weeks, for the same disease, and was then just able to sit up. It was thought by all that the two who were attacked last, were as violently taken as the other was; and and they expressed a strong wish that they might be cured without so long a run as their brother had. Thompson was as anxious as they were to have a short job, and exerted all his powers to relieve them, which he was enabled to do that night, and left them in the morning quite comfortable, so that they were soon able to attend to their work. The brother who had the doctor, was unable to work for several months. The doctor was paid a heavy bill for his visits; but Thompson's cure was done so quickly that it was thought not to be worthy of their notice, and he never received a cent from them

for his trouble. On returning to the child that he left the day before, he found that the doctor had been there, and told them that Thompson did not know what was the matter with the child; and had persuaded them to give him the care of it. He filled it with mercury and run it down; after having given as much mercury inside as nature could move, and the bowels grew silent, he then rubbed mercurial ointment on the bowels as long as it had any effect; after which he agreed that the child had the canker very badly; but he still persisted in the same course till the child was wasted away, and died about two months after it was first taken sick. After the child was dead, its parents were willing to allow that Thompson understood the disorder best. The doctor got twenty-five dollars for killing the child by inches, and Thompson got nothing.

Several cases of fits he cured, chiefly by his plan of producing profuse sweatings and natural perspiration. Cancers in the breast, at the back of the neck, and in other parts of the body, disappeared under his treatment in a few weeks. Consumption, asthma, nervous complaints, dysentery, fevers of all kinds, in a word, every complaint which occurred to him, he cured in an incredible shortness of time. Thus passed the year 1805, during which he did not lose a single patient. But he derived little emolument or pleasure to compensate for his labour and time. His house had been constantly filled with patients, for which he had received but a worthless pay. Both he and his family were worn out with nursing and attending them; and he received but indifferent treatment from those whom he had visited, as soon as they grew convalescent. These considerations induced him to form the determination of leaving home, to free himself and family from so heavy a burden.

In the November of 1806, after practising with his usual fortune in a variety of places, we find him at Salisbury, where we must stay and view him for a time, as it is interwoven with an important incident in his life, to which I wish shortly to draw the attention of the reader. While he was one day in a store there, conversing with several persons, a gentleman entered, belonging to a place in the neighbourhood called Salisbury Mills, of the name of Osgood, and stated that he himself was very unwell, and that his wife lay at the point of death with the ling fever, and that she had been attended by Dr. French, who had given up all hopes of her recovery. One of the gentlemen standing by told him that Thompson was a doctor, and that his practice lay in the medicine produced by their own native country. Mr. Osgood then asked Thompson to go home with him in his chaise and see his wife. Thompson acceded to the request, and they immediately departed together. Upon their arrival, after a journey of about six miles, Osgood introduced Thompson to his wife as a doctor who made use of the medicine of

their own country, and asked her if she were willing that he should endeavour to cure her. She answered, that she had no objection, if he thought that he could help her. He gave his opinion that he could, though he had some reluctance to commence, being where he knew no one. But he proceeded with her in his usual mode of practice, and in about fourteen hours had the satisfaction of seeing the fever turn. The next day she felt comfortable, and in a short time grew quite well. This cure caused considerable talk in the neighbourhood, and both Thompson and his practice became much valued. But as soon as it came to the ears of Dr. French, he was enraged to think that a patient whom he had given up, should be cured by one whom he designated as a quack; and he endeavoured to circulate a report that the lady was growing well, and sat up during a great portion of the day before Thompson saw her. But this falsehood was contradicted by the lady's husband, and known by many to be a mere fabrication.

While he was here, he was called upon to attend several cases, most of which had been given up by Dr. French. In all of them Thompson was successful. One was that of a young man who had cut three of his fingers so severely that they lay open at the joints. Dr. French had attended him three weeks, and decided that the only alternative was to have them cut off. The young man applied for advice to Thompson, who told him that he would not have them cut off till further trial to cure them had been made. Thompson was then requested to undertake the cure of them, and began by washing the wounds with weak lye, to clear off the mercury which Dr. French had applied. He then put some drops on, and tied them up in a bandage, to be kept wet with cold water. While he was dressing the wound, a young man, who was studying with Dr. French, entered, and made a great noise, telling the patient that Thompson was spoiling his hand. Thompson told him that he was accountable for what he was doing, and that he was ready to hear any advice, if he had any to offer. But the puppy had nothing to say but find fault, and went off muttering that Dr. French's bill must be very soon paid. Thompson continued to dress the hand, and in ten days the young man was well enough to attend to his employment in a nail factory. Soon after Thompson saw him at work, and asked him how his fingers were: the young man answered that they were perfectly cured, and wished to know what the bill amounted to for curing them. Thompson asked him what Dr. French had charged; and he answered that the bill had been sent to his mother amounting to seventeen dollars. Thompson observed that he thought that sum sufficient for both doctors, and would himself charge nothing. The mother was a poor woman who depended on her labour and that of her son for a living. What a

shame it is, that a doctor makes such a heavy charge upon a poor family, for attending a case in which he had done no good, while he ridicules and calls a quack the efficient man who charges nothing, yet actually works the cure. But I would ask all the candid and reflecting part of the people the following question, and I will leave them to their consciences to give an answer, should they in their practice from this work fear being charged with quackery. Which is the greatest quack, the one who relieves them from their sickness by the most simple and safe means, without any pretences to infallibility or skill, more than what nature and experience have taught him, or the one who, instead of curing the disease, increases it by administering poisonous medicines, which only tend to prolong the distress of the patient, till either the strength of his natural constitution or death relieves him?

Thompson returned home, for a short time, about the close of the year 1806. In the beginning of 1807 we find him with his wife in Jericho, where his father and friends lived. There he was called upon to attend a great number of cases, and effected many most uncommon cures, particularly in the dysentery or camp distemper, which was prevalent in the town of Jericho, and was so mortal that all but two who were attended by the doctors, died; whereas all those whom he attended recovered, except two, who were actually dying when he first saw them. On this occasion he practised at the special request of the head men of the town, who were much alarmed at the extensive ravages which the disease was making, and who, seeing that the doctors were doing no good, refused to give them any countenance or encouragement, leaving the whole management of the sick of the town to Thompson.

During the spring of this year he went again to Salisbury, according to a promise which he had made when he was there the year before. He was cordially welcomed by all those who had been formerly attended by him; and he now practised again with such great success, that he again caused much alarm among the doctors and their friends, who did all they could to destroy his credit among the people. But none was so conspicuous as Dr. French. He took every opportunity to insult and abuse Thompson, not only behind his back, but even before his face. He spread all sorts of ridiculous reports concerning him and his practice; giving him now the name of wizard, and saying that his cures were performed under the power of witchcraft. This rumour Thompson looked upon as too ridiculous to deserve contradiction, and therefore favoured it merely for sport. Many remarkable circumstances took place to strengthen the belief, and some weak-minded people really thought that he possessed supernatural powers. Nor need we be much surprised, when we reflect that the people generally were ignorant

of his system of practice, and found that he could cure those diseases which the doctors, in whom they had been in the habit of putting their confidence, pronounced to be incurable. Seeing, for instance, that he could turn in two days a fever, which had often taken as many months, they were easily led to believe that there was something supernatural about him.

After practising in Salisbury and its vicinity for some months, he returned home to attend to the superintendence of his farm during the rest of the year. While at home, he attended patients in different parts of the adjacent country, and was very successful, particularly where dysentery and fevers were prevalent; never failing, in any instance, and putting completely to a check those alarming epidemics which caused such terror in many places in the interior of the country.

In the year 1808 he went again to Salisbury. He made Salisbury Mills his home; and thither to him came, from different parts, numerous desperate cases, which had been given up by the doctors, such as dropsies, humours, mortifications, consumptions, &c. He cured fevers with such quickness, and such little trouble, that many hardly believed that they had the disease; and his success, in every way, was so great, that the people in general were convinced of the superiority of his mode of practice over all others. Dr. French, together with the other doctors, grew enraged as before; and failing to destroy the credit of Thompson, by false reports and ridiculous statements of witchcraft, he changed his course of proceeding, and began to use threatening language and an infinity of personal annoyances. He showed against Thompson the malice of a savage, declaring that he would blow his brains out, calling him a murderer, and averring that he could prove the charge. The friends of Thompson considered his life in danger, and earnestly advised him to be on his guard. He had to pass Dr. French's house to visit his patients, but did not feel himself safe in going by night or by day without some one with him. Thompson, finding the malice of his enemy continue unabated, was induced, by the advice of friends, to resort to the law for protection, and a warrant was issued against Dr. French, who was tried, convicted, and laid under a bond of 200 dollars to keep the peace. His malice now but increased against Thompson. He sought, though with more caution than before, by every means that he could devise, to destroy him, and put an end to his practising.

Among the cases which flocked around Thompson from various quarters, while he was now at Salisbury Mills, were those of Mrs. Eaton and another female, of the name of Lifford, who came to him from Exeter. Their complaint was dropsy, and it was in a most alarming stage. Mrs. Eaton was swelled to such a degree, that she could not see her knees as she sat in her chair. They were both desperate cases, and had been given up as incurable by the doc-

tor who had attended them. Thompson felt unwilling to undertake their case, considering that there was little chance of a cure, and sent them away, stating that there was no place where they could be boarded. They went, as he supposed, to go home; but they soon after returned, saying that they had found a place where they could stay, and a young woman had agreed to nurse them, and importuning him to do what he could for them. He reluctantly undertook their lamentable case. He administered some medicine during the day, which operated favourably on both, particularly on Mrs. Lifford, and gave strict orders to the nurse to attend them carefully through the night, and keep up a perspiration. But she almost totally neglected her duty, spending her time with the young people. Upon visiting them in the morning, Thompson felt much mortified and hurt to find that his directions had been neglected. Mrs. Lifford stated, that the nurse had neglected her altogether. Her feet had been out of bed, the perspiration had been stopped, and the most unfavourable symptoms made their appearance. During the whole day he attended upon her, and did all he could to restore her, but could not by any means succeed in raising the perspiration again. She continued till the middle of the next night, and then died.

This death gave rise to great triumph among a party of enemies to Thompson; and Dr. French tried to have a coroner's inquest held over the body, but could not succeed. The circumstances of the case were well known to the neighbourhood at large, and the nurse herself vindicated his conduct, saying, that he did all that he could, and that if any one were really deserving of blame it ought to fall upon her, not upon him. Thus the attempt to make him out to be a murderer failed. But the case was laid up to be brought against him at another time.

Mrs. Eaton recovered under his care. In the course of three weeks she was reduced in size about eight inches, and returned home to Exeter.

Thompson continued to practice in Portsmouth during the autumn, and while there, was sent for to go to Salisbury, to see a child that had been attended by a woman for several days, whom he had given information to, but they said the perspiration would not hold; and they wished for further information. On seeing the child, he at once found that they had kept about an equal balance between the outward and inward heat; when they gave medicine to raise the inward heat, and started the determining powers to the surface, they at the same time kept the outward heat so high as to counteract it. After explaining to them the difficulty, he raised the child up and poured on it a pint of cold vinegar, and it immediately revived. He applied no more outward heat, but only to shield it from the air, and gave the

warmest medicine inward; on the operation of which, the child grew cold and very much distressed. As soon as the inward heat had gained the full power, and driven the cold out, the circulation became free, and the child was relieved from pain and fell asleep; the next day the heat was as much higher than was natural, as it had been lower the day before; and when heat had gained the victory over the cold, the child gained its strength and was soon about, perfectly recovered.

He had not practised in Salisbury before, since he went to Exeter, which was in June; and his returning there seemed to give Dr. French great offence. Dr. French had been to see the child mentioned above, and tried to discourage the people from using Thompson's medicines; and threatened that he would have them indicted by the grand jury, if they made use of any without his consent; his threats, however, had very little effect, for the people were well satisfied of the superiority of Thompson's practice over his. About this time the bonds for his good behaviour were out. Thompson did not appear against him; and when the case was called, the court discharged him and his bail, on his paying the cost. The action was brought on a complaint in behalf of the commonwealth; but Thompson had caused another action of damage to be brought against him, which was carried to the supreme court, and tried at Ipswich the spring following. Thompson employed two lawyers to manage his case, and brought forward two witnesses to prove his declaration, who swore that the defendant made the assertion, that Thompson was guilty of murder, and he could prove it. His lawyer admitted the fact, but pleaded justification on the part of the client, and brought witnesses on the stand to prove that what he had said was true. The young woman who nursed Mrs. Lifford, and by whose neglect she took cold, swore to some of the most ridiculous occurrences concerning the death of that woman that could be uttered, which were perfectly contradictory to every thing she had before confessed to be the truth. Another young woman, the daughter of a doctor at Deerfield, made a statement to make it appear that Thompson was the cause of the death of three other children. Thompson had no knowledge of ever seeing this woman, but he afterwards ascertained that she was not at the house but once during the sickness, and then did not go into the room where the sick were; so that her exaggerated account must have been taken from what she heard others say.

These things were a complete surprise to Thompson, not thinking it possible that people could be induced to make such exaggerated statements under the solemnity of an oath. He could have brought forward abundance of evidence to have contradicted the whole evidence against him, if there had been time; but not expecting the cause would have taken the course it did, he was unprepared. There

appeared to be a complete combination of the professional craft against him, both the doctors and lawyers; and a determination that he should lose the cause, let the evidence be what it might. His lawyers gave up the case without making a plea; and the judge gave a very partial charge to the jury, representing him in the worst point of view that he possibly could, saying that the evidence was sufficient to prove the facts against him, and that if he had been tried for his life, he could not say whether it would hang him or send him to the state prison for life. The jury of course gave their verdict against him, and he had to pay the costs of the court.

The counsel for Dr. French asked the judge whether a warrant ought not to be issued against him, and he be compelled to recognize to appear at the next court, to which he answered in the affirmative. This so frightened Thompson's friends, that they were much alarmed for his safety, and advised him to go out of the way of his enemies, for they seemed to be determined to destroy him. He went to Andover, to the house of a friend, whose wife he had cured of a cancer, where he was very cordially received, and stayed that night. The next day he went to Salisbury Mills, and made arrangements to pay the costs of his unfortunate law-suit.

It is proper to relate here the particulars of another case which he attended at Beverley, towards the close of this year, and which in its consequences was closely allied with that just detailed. He was requested by Mr. Lovett to visit his son, who was sick, as some supposed, with a severe cold; as others thought, the typhus fever. Thompson happened to be very much engaged among the sick at the time that Mr. Lovett called upon him, and could not accompany him as he desired. Mr. Lovett had to go three times after him, before he could go to see the son. When Thompson first saw him, he complained of a stiff neck, and appeared in a stupefied state, but had no pain. His aunt, who took care of him, said that he would die most certainly, having the very same symptoms which his mother had, who had died just before. On the first day, Thompson gave him some medicine, which much relieved him: on the next day, he carried him through a course of his medicine, which seemed to answer well. Being called upon to go to Salem, Thompson left him in the care of one Mr. Raymond, giving him particular directions to keep in the house, and not expose himself. It was on Wednesday that Thompson went to Salem, and heard nothing of the young man, and knew not but that he was doing well, till Sunday afternoon, when he was informed that he was worse. He immediately inquired of Mr. Raymond concerning him, and learnt that the young man had found himself so improved, that he went down to the water side, and returned on Friday night; that the exposure to the raw air (it was in the month of December, and very cold) had so chilled him,

that upon his return home he was very ill; that all Saturday night he had been distracted and raving; that Mr. Raymond had stayed with him the whole of that night, but had not ventured to give him any medicine, considering him in too bad a state for him to meddle with.

Upon seeing the young man, Thompson told his father, that he feared that he was too far gone, and that he could now do nothing effectually; but would do all that he could to help him. As Thompson foreboded, the medicine would take no effect, and after doing his best for two hours, he then told the father decidedly, that he could not help his son, and urged him to call in some other advice. Mr. Raymond and Elder Williams were present, and heard Thompson urge this request. Mr. Lovett made answer, that if he could not help his son, he knew of no one who could; and requested him to stay with him all night. Thompson did so; and stood by the bed during the whole time. The young man was much deranged in mind; but in the morning he came to himself, and was quite sensible. Thompson then again pressed the father to send for other aid, as he felt convinced, that he himself could do nothing of any use. The father then sent for two doctors; and as soon as they arrived, Thompson left the patient in their hands. They attended him till his death, which occurred about ten o'clock on the next night. I have dwelt rather minutely upon the particulars of this case, because he was afterwards, as we shall see, charged with having murdered this young man, Ezra Lovett. But it is evident the cause of his fatal relapse, was from having, in direct contradiction to Thompson's orders, gone out to the water side, and having been so thoughtless as to expose himself to the hurtful atmosphere of a severe night in December.

1. In the latter part of December, 1808, Thompson was sent for to attend Elder Bowles, the Baptist Minister of Salem. He was introduced to him by Elder Williams, and found him in bed very weak and low, in the last stage of consumption; all hopes of recovery were at an end; his doctors had left him as incurable. He asked his opinion of the case; he told him he could not tell whether there was a possibility of a cure or not, till after using the medicine; being doubtful whether there was mortification or not. He was a man very much respected and beloved by his people, and the public anxiety was very great about him. He expressed a strong desire that Thompson should undertake his case; but he declined doing anything until he consulted his deacons and other members of his church, who were his particular friends, and had their advice taken; which being done, they offered no objection, but wished him to act according to his own mind, and whatever the result should be, they would be satisfied. He replied, that he was convinced that he could not live in his present situation more than a week. and therefore his life could not be shortened more

than that time; and it was his wish that Thompson should undertake to cure him. His strength was so far exhausted that it was with the greatest exertion and difficulty that they could get him to sit up about three minutes a day, to have his bed made.

Thompson gave his friends as correct an account of his disorder, and the operation of the medicine, as he could; and said he did not wish to do any thing which might cause reflection hereafter; but they promised, that let the result be what it might, they should be satisfied, and would not think hard of the doctor. On these conditions he undertook the treatment, and told them that one day would decide whether he lived or died. He began to give the medicine in the morning, which had a very calm and easy operation; the emetic herb operated very kindly, and threw off his stomach a large quantity of cold jelly, like the white of an egg; the perspiration moved gently on, and was free; the internal heat produced by the medicine fixed the determining power to the surface, and threw out the putrefaction to such a degree, that the smell was very offensive. Mr. Bowles had a brother present, who was a doctor; he observed that he did not know whether the medicine made the putrefaction, or whether it made visible what was secreted in the body; but he was soon convinced on that head, for when the medicine had cleansed him, all this putrid smell ceased. While the medicine was in the greatest operation, the perspiration brought out the putrefaction to such a degree, that the nurse in making his bed, was so affected with it, that she fainted and fell on the floor. Thompson attended on him for about three weeks, in which time he was able to sit up two or three hours in a day; his food nourished his body, and his strength gained very fast, considering that the season of the year was unfavourable. He gave him his best advice, and left directions how to proceed, and returned home to his family to spend the rest of the winter with them; but returned in the spring to see the patient, and found him so far recovered as to be able to ride out, and in good spirits. He soon gained his health, and became well and ready to give testimony of the facts, as related.

2. During this summer a woman applied to Thompson from a neighbouring town, who had the dropsy, and brought with her a little girl that had the rickets very bad, so that she was grown out of shape. He put them both on a course of medicine, attended them for three or four weeks, and then gave the woman information how to relieve herself and the girl, occasionally visiting them; they both recovered from their complaints, and have enjoyed perfect health ever since. This woman paid him the most liberally of any that he had attended, and has on all occasions manifested her gratitude for the assistance afforded her. Another woman from the same town applied to him, who had a cancer on her breast. She had been under the care of several doctors, who had, by their course of practice, made her worse. He

undertook her case, and by giving medicine to check the cancer, and promote perspiration, effectually relieved her from the disease. Many desperate cases, such as consumptions, dropsies, cancers, &c., most of which had been given over by the doctors, were attended by Thompson about this time, which it will be unnecessary to particularize; all of them were completely cured or essentially relieved, and made comfortable by his system of practice. One case I shall, however, state, being rather of an extraordinary nature, to show the absurdity of the fashionable manner of treating diseases by the doctors of the present day.

3. A young lady applied to Thompson who had been much troubled with bleeding at the stomach. She stated to him that she had been bled by the doctors forty-two times in two years; and that they had bled her seven times in six weeks. So much blood had been taken from her, that the blood vessels had contracted, so that they would hold very little blood; and the heart being thereby so much diminished, the water filled the flesh, and what little blood there was rushed to her face, while all the extremities were cold; this produced a deceptive appearance of health, and caused those who judged by outward appearances, to doubt whether there was any disease; so that she had not only to bear her own infirmities, but the reproaches of her acquaintances. By his judicious treatment he kindled heat enough in the body to throw off the useless water, which gave the blood room to circulate through the whole system, instead of circulating, as it had done before, only in the large blood vessels; they being much distended, by not having heat enough to give it motion, led the doctors into the erroneous idea that there was too much blood, and they resorted to the practice of bleeding, which reduced the strength of the patient, and increased the disease. There is no such thing as a person having too much blood; no more than there is of having too much bone, or too much muscle or sinews. Nature contrives all things right. The blood may be too thick, so as not to circulate, and is liable to be diseased like other parts of the body; but how taking part of it away can benefit the rest, or tend in any way to remove the disease, is what he could never reconcile with common sense. After he had carried this woman through a full operation of the medicine, and caused the heat to become permanent so as to produce natural perspiration, she at once exhibited a true picture of her situation. Instead of appearing to be so fleshy and well has she had done, she fell away, and became quite emaciated; but as soon as the digestive powers were restored, so that the food could nourish the body, she gained her strength and flesh, and in a short time was completely restored to health.

4. He was about this time called to attend a woman who was very severely attacked with the spotted fever. The first appearance was

a pain in the heel, which soon moved up to her hip and back; from thence to her stomach and head; so that in fifteen minutes her sight was gone, and in less than half an hour she was senseless and cold. About this time he saw her, and examined well the cause of the disease. He was well satisfied that it was the effect of cold having overpowered the inward heat. By confining her from the air, giving her Nos. 1 and 2, and keeping her in a moderate steam, she in a short time came to her senses; and the symptoms were exactly similar to a drowned person gradually recovering, after having life suspended by being under water. As soon as the perspiration became free, all pain ceased, and she was quite comfortable; in twenty-four hours the disease was completely removed, and she was able to attend to her work.

5. The same day he had another case of a child, which the doctor had given over. When Thompson came to this child it was senseless, and, he expected, in a mortified state. He gave it the hottest medicine he could get, with the emetic; it lay about six hours silent, before the medicine had kindled heat enough to cause motion in the stomach and bowels, when it began to revive, and what came from it was black and putrid; the bowels just escaped mortification. The child was soon well. These two cases were both cured in twenty-four hours.

6. When the spotted fever first appeared in Portsmouth, the doctors had five cases, and all of them died. Thompson had five cases similar, all of whom lived. Because his patients did not die, the doctors said they did not have the fever. In this they had much the advantage of him, for there could be no doubt of theirs all having it, as death was, in most of the cases under their care, on their side, and decided the question. He had a great number of cases of spotted fever under his care, and, in all of them, used the remains of heat as a friend, by kindling it so as to produce heat enough in the body to overpower and drive out the cold; and never failed of success when there was any chance of a cure.

7. Sometime this season he was sent for to attend Captain Trickey, who was very sick. He examined him, and was confident that he could not help him, and took his hat in order to leave the house. His family insisted on his stopping and doing something for him; but he told them he thought he was in a dying state, and medicine would do him no good. He told his son that in all probability he would not be alive over twenty-four hours, and that he had better go for some other help, for he could do him no good. He told his wife that he should give no medicine himself, but as they had some in the house which they knew the nature of, she might give some of it to her husband, which she did. Two doctors were sent for: the first one that arrived bled him, and he soon breathed very short, and grew

worse; the other doctor came, and said that his breathing short was in consequence of the medicine which Thompson had given him; but by this he did not gain credit, for all the family knew to the contrary; and the woman soon after told Thompson of his speech. The patient continued till the next day about ten o'clock, and died. As soon as he was dead, the doctors and their friends spared no pains to spread the report in every direction, that Thompson had killed this man with his screw-auger, a cant name given to his emetic herb, in consequence of one of his patients, when under the operation of it, saying that it twisted in him like a screw-auger. This was readily seized upon by the doctors, and made use of for the purpose of trying to destroy the reputation of this medicine by ridicule. They likewise gave similar names to several other articles of his medicine for the same purpose, and represented them as being the names by which he called them. They had likewise given him several names and titles, by way of reproach, such as the sweating and steaming doctor, the Indian doctor, the old wizard, and sometimes the quack. Such kind of management had a great effect upon the minds of many weak-minded people; they were so afraid of ridicule, that those whom he cured were unwilling to own it, for fear of being laughed at for employing him.

8. The circumstance of the death of the above-mentioned Capt. Trickey was seized upon by the doctors and their friends, and the most false and absurd representations made by them through the country, with the intention of stopping Thompson's practice, by getting him indicted for murder, or causing him to cease; but his friends made out a correct statement of the facts, and had them published, which put a stop to their career for that time. He continued his practice, and had a great number of most desperate cases, in most of which he was successful. The extraordinary cures he had performed, had the tendency to make many people believe that he could cure all who had life in them, let their disease be ever so bad; and where he had attended on those who were given over as incurable, and they died, whether he had given them any medicine or not, the report was immediately circulated that they were killed by him; at the same time the regular doctors would lose their patients every day without there being any notice taken of it. When their patients died, if appearances were ever so much against their practice, it was said to be the will of the Lord, and submitted to without a murmur; but if one happened to die whom Thompson had any thing to do with, it was readily reported, by those interested in destroying his credit with the people, that he killed them.

9. A great number of cases of the cures he performed could be mentioned, if thought necessary; but the intention here is to give the particulars of such only as will have the greatest tendency to convey to the reader the most correct information of Thompson's

mode of practice, without repeating any that were treated in a similar manner to those already given. I shall now proceed to give the particulars of one of the most important circumstances of his life, in as correct and impartial a manner as I am capable of doing, in order to shew what he suffered from the persecutions of some of the medical faculty, for no other reason, as I conceive, than that they feared his practice would open the eyes of the people, and lessen their importance with them, by giving such information as would enable them to cure themselves of disease without the aid of a doctor. From many other people he suffered persecutions, who were governed altogether by the prejudices they had formed against him, by the false reports that had been circulated about his practice, without having any other knowledge of him. Many of the latter, however, have since been convinced of their error, and have a favourable opinion of his system.

1809. In the following year, upon Thompson's arrival at Salisbury, after an absence of some time, during which he had visited home and several other places, he was informed by his friends that Dr. French had been busily employed during his absence; that he and a Deacon Pecker, one of the grand jury, had been to the court of Salem, and found a bill of indictment against him for wilful murder. They advised him to keep out of the way; but he declined following their advice, saying, that if a bill of indictment was preferred against him, the government must prove the charge, or he must be honourably acquitted. About ten o'clock at night, Dr. French came with a constable to the house where he was staying, and made him a prisoner in behalf of the commonwealth. Thompson asked the constable to read the warrant, and from hearing it read, he found that Dr. French was the only complainant, and that he was ordered by the justice who granted the warrant to be examined before him on the next morning. He was taken by the constable to Dr. French's house, and keepers were placed over him to prevent him from escaping. This was the first time that Thompson and French had met together; and while Thompson was at the house a prisoner, French took the opportunity to abuse and insult him in the most shameful manner, without any provocation, till between two and three o'clock in the morning, when he took his horse and set out for Salem to get the indictment. After he was gone he found, from inquiry of the constable, that French, after having been before the grand jury and caused him to be indicted, came home before the bill was made out; and fearing that Thompson would leave Salisbury, and thus deprive him of the chance of gratifying his malice, went immediately to a brother doctor, who was a justice of the peace, before whom he made oath, that he had ground to suspect, and did suspect, that Thompson had with malice premeditated, murdered sundry persons in the year past, whose names were unknown to him.

Upon this deposition a warrant was issued against Thompson, and he was at once arrested, in order that he might be detained and kept in custody till the indictment was obtained. In the morning he was brought before the said justice: but as he was not ready to proceed with the examination, the court was adjourned till one o'clock. At that hour Thompson was again brought before him; but he then said that he could not try him till the complainant was present, and adjourned the court again till nearly night. The constable took Thompson to his house in the meantime, and after putting him in a back-room left the house, together with all the inmates. When they returned, some of them asked him why he did not escape, as he might easily have done so out of a back window. But he told them that he was not afraid, having done nothing for which he deserved punishment; and, that as he had been arrested as a malefactor, he was determined to be convicted as such, or honourably acquitted.

Just at the approach of night, French arrived with a sheriff, and ordered the constable to deliver Thompson up to the sheriff. After French had again vented his spleen upon the inoffensive subject of this instructive memoir, in language as savage as he could use, saying that he was a murderer, and had murdered fifty, that he himself could prove it, that he should either be hung, or sent to the state prison for life, and that no effort should be unemployed on his part to have him convicted, he was put in irons by the sheriff, conveyed to the jail in Newburyport, and confined in a dungeon with a man who had been convicted of an assault upon a girl, six years of age, and sentenced to solitary confinement for a year. He was not allowed a chair or a table; nothing but a miserable straw bunk thrown on the floor, with a poor blanket that had never been washed: no fire, though the weather was excessively cold, it being the 10th of November, 1809, when he was put into this prison: not even the light of the sun or of a candle, but all deep darkness; and to complete the whole, the filth ran from the upper story into the cell, and was so offensive as almost to stifle him with the smell. He tried to rest himself, but could not sleep that night. He felt something crawling all over him, which caused an itching; and upon asking his fellow prisoner what it could be, was told that it was lice, and that they were numerous enough there to shingle a meeting house. When the morning arrived, light entered through the iron grate, just dimly sufficient to show him the horrors of his situation: but the firmness of his spirit, and the consciousness of the justice of his cause bore him up, and prevented him from making any lamentation. At the fixed hour he was summoned to take his miserable breakfast through the grates. It consisted of an old tin pot of musty coffee, devoid of sweetening or milk, and

was so bad as to be completely unwholesome. With this poisonous drink was given a tin pan containing the nape of a fish, and a piece of Indian bread so hard that he could not eat it. This wretched meal had to serve him till three o'clock in the afternoon, at which time was brought another similar fare, which was all that was allowed him to subsist on till the next morning. On that day, the 12th of November, Mr. Osgood rode from Salisbury to see him; and upon finding him in such a miserable situation, was affected to such a degree as to be scarcely able to give utterance to a word, but wept like a child. He brought some provisions, which were most welcome to Thompson: he asked permission of the jailor to furnish him with a bed, which was granted, and he brought it, together with other things, to render him more comfortable. Thompson placed the bed on the old one, and allowed his fellow-sufferer a share of it, who seemed to be exceedingly thankful for the favour. On the next day Thompson wrote letters, as well as he could, having to lie on his belly to write, to his family, to Dr. Fuller, and to Judge Rice, stating his case. He had now provisions enough supplied him by his friends, to serve both himself and companion in the cell, and he gave him a share of all that he received. The crusts and scraps, which were left, the poor wife of this man would come and beg, to carry to her starving children, who were now entirely dependent upon her endeavours. Her situation and that of her husband Thompson considered as so much worse than his own, that he felt by degrees more reconciled to his fate, and gave her all that he could spare, besides endeavouring in every way that he could to make the husband more comfortable. Their gratitude to him was in proportion to his kindness.

After the lapse of a few days, Judge Rice arrived, accompanied by a lawyer. Upon weighing the case, they advised, that Thompson should send a petition to the judge of the Superior Court requesting him to hold a special court to try the cause as early as he could, since otherwise he must remain there till Autumn, no court being previously to that held by law at which he could be tried, and no bail taken for an indictment for murder; so that he would have to lie in prison nearly a year, whether there was any well grounded charge against him or not. This was really the object of his enemies. They thought to keep him in prison nearly a year, during which time he would in all probability die, and thus their ends would be fully accomplished.

Agreeably to the advice of his friends, Thompson sent a petition; and Judge Rice undertook to do every thing to get the prayer of it granted. He exerted himself with such zeal, that either he or the lawyer, Mr. Bartlett, rode all the way from Newburyport to Boston, fifteen times in the course of three weeks on the business. At length Judge Parsons agreed to hold a special court, at Salem, to try the

cause, on the 10th of December, a day exactly a month from that on which he was imprisoned. All the friends of Thompson engaged themselves zealously in making preparations for the trial.

During this time the weather was very cold, and he suffered from that cause, and likewise from the badness of the air in his miserable cell, so that he had not much life or ambition. Many of his friends came to see him, and some of them were permitted to come into the cell; but the air was so bad and the smell so offensive, that they could not stay long. His friend Dr. Shepard came to see him and was admitted into the dungeon: he stayed a short time, but said it was so offensive he must leave it; that he would not stay a week for all Newburyport. On thanksgiving day the two prisoners were taken out of this cell and put into a room in the upper story, with the other prisoners, and took supper together; they consisted of murderers, robbers, thieves, and poor debtors. All of them tried to enjoy their supper, and be in as good spirits as their condition would permit. Most of their complaints were about the filthiness and bad condition of the prison, in which they all agreed. Before it was dark Thompson and his companion were escorted back to their filthy den again. There was nothing in the room to sit upon higher than the thickness of their bed; and when he wrote anything, he had to lie on his belly, in which situation he wrote the Medical Circular, and several other pieces, which were afterwards printed.

After he had been in prison about two weeks, his son-in-law went to see him; Thompson had, before his imprisoment, sent for him to come to Portsmouth on some business, and the young man on hearing of Thompson being in prison, immediately went to Newburyport, to see him. He seemed more troubled about his father-in-law's situation than he was himself. The latter felt perfectly conscious of his innocence, and was satisfied that he had done nothing to merit such cruel treatment; therefore his mind was free from reproach; for he had pursued the course of duty, which he conceived was allotted to him by his Maker, and done every thing in his power to benefit his fellow creatures. These reflections supported him in his troubles and persecutions, and he was perfectly resigned to his fate.

When he had been in prison a fortnight, a lawyer entered and read to him the indictment, which was in the common form, as follows: "That he, Samuel Thompson, with malice aforethought, not having the fear of God before his eyes, but moved by the instigation of the devil, did kill and murder the said Lovett, with dobelia, a deadly poison," &c. But as he felt himself innocent of the charges, and knew them to have been brought against him by his enemies without any provocation or ground whatever, they had little effect upon his feelings.

Passing over all the other incidents, which occurred during the

month of imprisonment, we now come to the day fixed for the trial. Early in the morning of that day he was taken out of his cell by the jailor, who gave him water to wash himself with, and was permitted to take his breakfast by the fire. It was the first time that he had seen any fire for thirty days, and he could not bear to sit near it, for it caused him to become faint. As soon as he had eaten his breakfast, the iron shackles were brought and put on his hands; and he commenced the journey to Salem, the place appointed for the holding of the special court, and about a distance of twenty-six miles. The weather was extremely cold, and there was only one stoppage made on the way. On his arrival he was delivered over to the care of the keeper of the prison in Salem, and was soon informed, that Judge Parsons was ill, and had put off the trial for ten days. He had thus to reconcile himself to the idea of being confined ten days more without fire, yet he was not placed in a room on the second story of the prison, much more comfortable than that which he had left: nor was he without a conflux of many friends, who daily visited him, and sent him every thing that could conduce to his comfort and consolation.

A few days before the trial, Judge Rice and Mr. Bartlett held a consultation with Thompson, as to the arrangements proper to be made. It was decided to have other counsel, and Mr. Story was agreed upon. Thompson had also engaged Mr. Banister, of Newburyport, to assist in the trial: but he proved to be of no use, and afterwards had the assurance to sue him for fifty dollars at fifty miles distance. In order to have every preparation complete, his counsel held a consultation together, and examined the chief witnesses for the defence. Judge Rice, Mr. Bowles, and several others, were prepared to bear testimony as to the usefulness of the medicine, and the variety of cures which they knew it to have performed. Dr. Fuller, of Milford, N. H. was present, and made many statements as to the value of the medicine; and by his advice, Dr. Cutler of Hamilton, was summoned. In short, every thing was done by his friends to assist him, and secure a fair trial.

On the 20th of December, 1809, the Supreme Court, at which Judge Parsons presided, with Sewell and Parker as assistant judges, assembled for the trial. The case was called at ten o'clock in the morning, and the chief Justice ordered Thompson to be brought from prison, and arraigned at the bar. He entered, guarded by two constables, one on the right and the other on the left. It was with difficulty that a road for entrance could be opened, as the court house was excessively crowded with people anxious to be present at the trial. He was placed in the criminal seat; and after the pause of a few minutes, he was ordered to rise, and hold out his right hand, while the indictment was read, which the grand jury had, upon their oaths, presented against him. It stated that he had, with malice

aforethought, murdered Ezra Lovett with lobelia, a deadly poison. He was directed by the court to plead guilty or not guilty. He pleaded not guilty; and as soon as the usual forms of calling and swearing in the jury were gone through, the trial commenced.

The Solicitor-general rose to open the case on the part of the commonwealth, and made many harsh statements against Thompson, which, he said, were about to be proved. His chief statement was, that Thompson had at sundry times killed persons with a deadly poison. In proof of it, Mr. Lovett, the father of the young man, who was said to have been killed, was called upon. Among other things, he recounted the various ridiculous names which sarcasm had applied to the medicine; such as ram-cat, bull-dog, screw-auger, belly-my-grizzle; but there was nothing in his evidence that in the least supported the charges in the indictment.

The next witness called was Dr. Howe. His business was to prove that Thompson had administered poison, as was alleged in the indictment; and that the poison had been administered to the said Lovett. He produced a sample of it, averring that it was the root of lobelia. Upon being asked by the judge, if he were absolutely certain that it was lobelia, he answered that he was, but that the prisoner called it coffee. The sample was handed round to the court for examination, and all seemed to be afraid of it. After they had satisfied their curiosity, Judge Rice took it into his hand and began to eat it. All stared with surprise at him; and the Solicitor-general asked him if he meant to poison himself in the presence of the court. He answered readily, that it would not hurt him if he eat a peck of it; and the whole court were lost in astonishment. Dr. Howe was then, at Thompson's request, cross-examined by Mr. Storey, who pressed him to describe, as he had sworn to it by the taste and smell, what lobelia really was, and how it looked when it was growing. Dr. Howe was by this question struck dumb for several minutes, after which he muttered out an acknowledgment that he should not know it if he really saw it, it was so long a time since he had seen it; and then sat down, covered with shame at having been thus reduced to contradict all that he had just stated.

The court turned to Dr. Cutler to learn what the herb really was that Dr. Howe had been so confused about. After examining it, he said that it appeared to him to be marsh-rosemary: and in reality it was. So much for Dr. Howe.

Some young women were then brought forward as witnesses, whom Thompson had never seen before. They made some of the most ridiculous statements about the medicine, which were ever heard in a court of justice. Some of them were too indecent to be repeated. I cannot refrain from recording that one of their accusations was, that Thompson crowded his puke down the young man's throat, till

he cried out murder, and died; whereas, Thompson never saw the young man at all for more than 14 hours before he died, for all that time he was in the care of Dr. Howe. There were two unimpeachable witnesses in court ready to swear to this truth; but they could not be brought forward, in consequence of the government not making out its case, and of its being unnecessary, as we shall shortly see, for Thompson to make his defence.

A man of the name of John Lemon was next called as a witness against Thompson. But he said, that all he knew about the prisoner at the bar was, that he had been cured by him in a week, of an ailment which troubled him for two years, so severely, that he was unable to work.

By this time Judge Parsons seemed to be growing out of patience, and said that he wondered what there was in such evidence to find a bill. But the Solicitor-general interposed that he had more evidence which he wished to bring forward.

Dr. French, the great chieftain of the affair, now rose; and it was expected that his evidence would condemn Thompson at once. Upon being asked if he knew the prisoner at the bar, he answered that he did. He was then directed to state what he knew about him. *Lo!* What did he say? Why, that the prisoner had practised in the neighbourhood where he himself lived, with great success, and that his medicine was harmless, being only such as was gathered by the children for the use of families.

The judge, upon hearing this singular evidence against Thompson, was about to charge the jury, when the Solicitor-general arose and observed, that if the case was not proved to be murder, it might be found for manslaughter. But the judge rejoined, "You have nothing against the man; and, I wonder, what there is for a grand jury." The charge was delivered; the jury retired for five minutes; and a *verdict of not guilty was returned.* Thompson was thus honourably acquitted, without the necessity of having examined any witnesses on his own side, of whom he had present 25 creditable men, by whom he was in hopes of proving, before a large assembly, the usefulness and importance of his discovery, besides contradicting all the evidence produced against him. He was invited to a public supper at the Sun Tavern in the evening, where he exulted among his friends upon the happy issue of the trial; and he stayed at Mr. Russell's that night; but he had little repose, on account of the agitation of his mind, as he could not help reflecting, now at leisure, upon what he had gone through, the danger he had been exposed to, and the anxiety which would prevail in his family, till they received the news of his acquittal. Sleep fled from his eyes, and he felt himself in greater confusion and trouble than he had been, even when he was in prison. He went the next day to Salisbury, and at the house of

Mr. Osgood, where he was arrested, his clothes were cleaned and cleared of the troublesome companions which had come with him from prison. He went then for a few days to Portsmouth, for the benefit of his health, which had been greatly impaired by the forty days' confinement in filthy prisons, during the coldest part of a remarkably severe winter. His blood was so chilled, that he had great difficulty in raising in himself a perspiration that would continue. The first operation of his medicine was entirely useless: and, indeed, his constitution had received such a shock, that he could not have survived the winter, had he remained in prison.

About the middle of January, 1810, he was so much recruited as to be able to undertake the journey home, whither again, to the joy of his family he returned, and remained till he had in some measure recovered the loss of health which he had sustained by the imprisonment.

It is curious to remark that some calamity soon fell upon those who were chiefly instrumental in trying to destroy Thompson and his practice. Deacon Pecker, who laboured with Dr. French to gather together evidence against him, and was also one of the grand jury that found the bill against him, had, a short time after he was imprisoned, a stroke of the palsy, and remained with one half of his body useless during the rest of his life. A year after, Dr. French was placed before the same bar at which Thompson was acquitted, convicted of robbing a grave-yard of a dead body, which, it was reported, he sold for sixty dollars, lost all his credit, and was obliged to fly the country.

Thompson went on in his practice successfully, spread his usefulness through the whole extent of the United States; instructed the people in his summary method of curing, and also preventing, disease, whenever he saw a desire to learn; and effected, like Hippocrates of old, every where the most astonishing cures that were known to be produced by means purely human, and in reality extraordinarily simple.

DR. THOMPSON'S THEORY.

The propositions, or premises, which form the basis or first principles of the science of medicine, and are also illustrative of the Thompsonian practice:—

1. *Matter*, in all its diversity of character, quality, form, and combination, may be classed in two great divisions:—namely, *organic*, and *inorganic*, matter.

2. *Organic* matter includes the two vast kingdoms of nature, the *animal* and the *vegetable* kingdoms.

3. *Inorganic* matter includes all the bodies not possessed of life, or such as are not endowed with a capacity for life.

4. Inorganic *brute*, or *dead matter*, is controlled or governed by laws or forces, embracing chemistry and natural philosophy.

5. *Organized* or *living* bodies, though influenced to a certain extent by the laws which influence inorganic matter, are sustained in their living state by vital laws, which hold supremacy over, and control them, modifying and rendering them subservient, on many occasions, to the purposes of vitality.

6. The principle of life is the same in all animated beings; and the animal economy of man is governed by the same general laws which govern all other animal economy.

7. Life, or the living state, is a series of actions or motions in animal matter, of which organized bodies only are susceptible.

8. Without organization there cannot be life. And again, organized bodies, though possessed of a capacity for life, require the aid of stimulants to call them into activity.

9. Animal life cannot be supported by external stimulants only.

10. The influence of heat, or caloric, is necessary for life in organized bodies.

11. Heat, or caloric, is the power or agent by which other stimulants, as atmospheric air, light, electricity, galvanism, food, drink, and medicine, act upon the system.

12. Caloric brings into play that power which is the immediate agent of the varied and complicated actions of the system which forms and fashions the organs, conveys and appropriates nourishment to every organ and tissue, sustains animal matter in a state of composition, selects and expels *effete*, or worn out matter, by the pores of the skin, the kidneys, and other depuratory organs, carries on all the various secretions, endows the organs with sensation, and enables them to react against or resist the influences that tend to their destruction.

13. The two preceding propositions form the corner-stone or basis of the science of medicine. In the early period of animal life, until the organs become developed, heat is derived from the mother. As the organs become developed, they are endowed with the power of producing or generating heat, and after birth the supply of animal heat is dependent upon this function of calorification, or heat generating power. Thus vital action, first brought into play by heat, creates the power, or generates the influence necessary for its continuance. Heat is evolved in every part of the system, and the amount of caloric generated will be in proportion as its vital action is greater.

14. As the heat of the system is lessened, in proportion will vital action diminish. If the system be deprived of caloric for a certain length of time, all the preservative, recuperative, and sanative phenomena cease. It is the same also as respects oxygen.

15. The stomach is the seat or throne of the vital powers, the main centre or source from which is radiated the nervous power, which, by the aid of heat and oxygen, carries on and governs the important vital functions of circulation, respiration, digestion, nutrition, assimilation, and the various secretions.

16. The stomach is, in almost every instance, the seat of disease. When this organ is disordered, the power of generating heat and nervous influence is diminished, and consequently the action and functions of other organs become weakened or deranged. In fever, although the heat of the surface is increased above the natural standard, yet the amount generated may be less than is produced in a state of health. The secretions and transpirations from the skin and mucous surface being suspended, the heat is locked up in the system; and this, it would seem, is a wise provision for retaining the heat, in order to sustain the recuperative actions, and thus effect a crisis in disease. Experiments have shown, that in the most inflammatory disease, the blood contains less positive electricity than it does when taken from one in health. As soon as the functions of the stomach and bowels are restored to a healthy condition, a natural warmth and action becomes established throughout the system.

17. The same means that will restore the natural temperature of the system, as pure stimulants and the vapour bath, will also increase the electro-galvanic, or nervous power, which governs the circulation, and all the vital functions.

18. As the natural warmth of the system is reduced either from a disordered stomach, or from any other cause, the nervous power which maintains an equilibrium in the circulation is enfeebled; hence in disease a loss of the natural balance or equilibrium in the circulation of the blood is a common occurrence.

19. An undue accumulation of blood in a part, is attended by a deficiency of it in other parts. Thus in fever there is an unnatural quantity of blood on the surface, and a corresponding deficiency inwardly. Determinations of blood to the head are accompanied with a loss of blood in the feet.

20. The same means that will correct a disordered stomach, and raise the heat of the system to its natural standard, will tend to restore the natural balance of the circulation of the blood.

21. As the natural heat and nervous power is reduced either from cold, disordered stomach, or from any other cause, the functions of digestion, nutrition, and assimilation become enfeebled or disordered. The same cause also deranges the secreting organs, as the liver and glands of the mucous membranes. In many instances, in diseases, the liver ceases to secrete bile: and the excessive thirst accompanying fever arises from diminished or suspended secretions of the glands of the mucous membranes.

22. Whatever will cleanse the stomach, restore the natural heat and produce perspiration, will also tend to restore digestion assimilation, the secretions, and, in fine, remove every derangement which occurs in the system.

23. The lower order of animals, as the hybernating species, will bear these abstractions; they sink into a state of torpor and insensibility during winter, and on the return of warm weather are rewakened into life and activity.

24. In the higher order of animals and in man, the abstraction of heat cannot be borne below a certain degree, but for a limited period, without producing disorganization and death. Hence they are endowed with a power to react against cold and other deleterious agents, and by thus establishing a counteracting force or influence, life and organization is preserved against causes tending to their destruction. Many of the symptoms which occur in disease, as pain and fever, are caused by the recuperative, life sustaining actions, the organs being driven, as it were, to a new mode of action, with the design of counteracting the influence of offending causes and regaining their lost vitality.

25. Fever does not constitute a disease, but is always an evidence of the existence of an offending cause in the system, and which nature is struggling to remove.

26. Living beings are ever surrounded by agents or powers which exert an influence in direct antagonism to the laws of life, tending to subvert or destroy vital action. Thus the living state is held, as it were, in a balance between opposing powers.

27. The direct effect of cold and other morbific agents upon the system, is to weaken vital action and to lessen the power of generating heat; hence disease of every form and variety commences with symptoms which show that the vital powers are weakened, these are lassitude, general debility, coldness of the surface and extremities, and chilliness. Cold and damp feet exert an influence in weakening and deranging the natural and healthy order of action in the system, and thus prove a fruitful source of disease. Dampness probably operates as a conducting medium by which the caloric, but more especially the electro galvanic fluid, escapes not only from the lower extremities, but also from the stomach and all the viscera of the abdomen by means of the nerves, which form a connecting chain of conductors or channels throughout the system for the passage or circulation of this nervous fluid. As the nervous influence escapes from the system, the functions, over which it has control, become enfeebled and deranged.

28. The first symptoms in disease prove a weakened condition of vital action. As the constitution reacts, a new train of symptoms ensues; the pulse becomes quicker and stronger; the surface becomes hot and dry, and the system is in a state of feverish excitement, or in other words, the patient has a fever. The constitution struggling

against disease occasions the fever, and it is by this power of reaction that disease is overcome. Intermitting fever, as it is termed, commences with a chill. As the system reacts, fever comes on; and the recuperative efforts which occasion the fever, restore the heat, bring on perspiration and frequently other critical evacuations, more especially from the kidneys, by which the disease is partly or wholly removed, until the return of the succeeding chill, when the constitution institutes the same preservative, recuperative train of action. In eruptive diseases, as small pox, measles, and scarlet fever, there are always in the commencement general debility, chilliness, and a disordered stomach. These are the direct effect of the morbific agent that produces the disease, and but for a counteracting influence, vital action would be overcome. The constitution establishes a reaction or fever, by which the disease is thrown to the surface, producing an eruption on the skin.

29. The design of reaction or fever is to restore the lost heat and vitality, and remove all morbific or deleterious agents and their effects from the system, and thus preserve it from disease.

30. A course of treatment that will cleanse the stomach and bowels, restore their natural action, and remove obstructions from the system, will also remove fevers, by assisting to bring about what the fever is endeavouring to accomplish. When the offending cause is removed there will be nothing to excite fever or reaction. There is another and very opposite plan for subduing fever, to wit: by reducing the vital forces, or the recuperative efforts of nature, by bleeding, purging, and the use of poisonous agents, as nitre and antimony. This, though the fashionable practice, is nevertheless unnatural, unsuccessful, and hazardous to the future health, if not to the life of the patients on whom it is practised.

31. An important indication in the treatment of all acute diseases, attended with high arterial excitement or violent fever, is to overcome the contracted or spasmodic condition of the capillary vessels by relaxing the system with lobelia.

32. To effect a relaxation of the system there is probably no agent of equal value with the lobelia inflata. This medicine exerts a surprising influence in equalizing the nervous power, and in relaxing the system, without weakening the vital properties. In many instances, however, fever may be removed by the same means alone that will overcome a chill, to wit: pure stimulants and the vapour bath. Medical men of the old school have not made a proper distinction between pure stimulants that strengthen and promote a healthy action, and those agents which occasion morbid excitement at the expense of the vital powers. Brandy and all alcoholic preparations aggravate fever, and hence it is inferred that all stimulants are improper in such cases. A patient in a fever that would be injured by brandy, would in the same condition be benefited by drinking freely of capsicum tea. It

is as contrary to the theories of the regular practice, to use capsicum in scarlet fever as in any other form of fever, it being a disease of a highly inflammable character, and yet a majority probab y of the profession make use of this article in scarlatina, and many of them depend exclusively upon it.

33. As a consequence of a reduction and derangement of vital action, there are in disease, thickened morbid secretions, by Dr. Thompson termed "canker," formed on the lining membrane of the stomach and bowels; and which in acute diseases, as in dysentery, pleurisy, the various forms of eruptive disease and all other febrile affections, tend more or less to putrefaction, and thus prove deleterious to the constitution. The stomach becoming coated with thickened tenacious secretion, or "canker," is probably a general cause of disease being protracted. It is an observation of Samuel Thompson, that "where there is canker seated in the stomach, the tongue is more or less coated with canker," or morbid secretion in diseases, and its appearance affords a criterion by which to judge of the condition of the stomach. A tendency in this "canker," to soften and clean off from the edges of the tongue, is usually one of the first signs indicating a favourable crisis in a disease.

34. To remove the "canker," (I make use of this term because it is the one generally employed and understood by Thompsonians), is of the first importance in the cure of disease. This requires in the first place the use of such means as will excite the secretions, and "restore the inward heat," by which, as Dr. Thompson expresses it, the "canker" is ripened, and as these morbid secretions soften they may be removed by the use of Thompson's "No. 3," or "medicines for canker." The tannin and gallic acid contained in these vegetable preparations, have a strong affinity for the "canker," and by combining with it overcome its tendency to putrefaction, and they also detach it from the coats of the stomach, and thus remove obstructions to the secretions, and enable nourishment to be taken up by the chyliferous vessels.

35. In violent local determination of blood to a part or organ, as in croup, inflammation of the brain, violent pluerisy, inflammation of the kidneys, apoplexy, &c., one of the most important indications in the treatment is to overcome this undue determination to the diseased part by relaxing the system with lobelia, either by the stomach, or administered by injection. The same course of treatment is applicable in profuse hœmorrhage, as in bleeding from the lungs, nose, or uterine organs.

36. Finally, Dr. Thompson's "course of medicine" fulfils all the important indications for the cure of disease in general; and, if judiciously applied, will effect a cure in all cases that are curable by means of medicine.

Dr. Thompson is called ignorant: but it is more the ignorance of

books, than of experience. He had, and still has a vast measure of that learning which gives popularity to the physician and confidence to the sick. It is the skill of one who has battled death in a thousand forms, and disease under every aggravation.

Dr. Rush, contemporary with Thompson, speaking of the causes of failure in medical practice, makes the inquiry, why ninety-nine cases out of a hundred are lost of those which are called the curable diseases. He mentions first *ignorance in the physician*, meaning one not qualified either by reading or observation for the practice of medicine. Dr. Thompson does not fall under this charge. By observation he was well qualified.

2dly. Dr. Rush says, *Incapacity in the physician.* Dr. Thompson is clear of this charge also; for he had a natural aptitude and love for medical study. Had it not been for this, he never could have upheld himself against the pressure, which weighed him down and impelled him towards the earth.

Dr. Rush says, 3rdly. *Want of instruction in the physician*, meaning that, with good capacity, he had received erroneous instruction; and hence his practice is pernicious and ineffectual. Dr. Thompson had the very best of all instructors, necessity and experience, instructors, which have seldom deceived man. They have taught him to plough, to find out the utility of corn bread, of potatoes, of wool, of fur, of the simples employed in medicine; in fine, of every thing valuable in use among the human family.

Dr. Rush mentions 4thly. *Obliquity of mind.* "There are some," says he, "of such perversity of mind, that nothing will teach them propriety, nor enforce upon them the majesty of truth." If ever nature formed a plastic mind for the impression of medical wisdom, that mind was Dr. Samuel Thompson's. The medical profession was the very niche in the temple of nature, for which the Deity designed him.

Dr. Rush mentions, as a fifth reason or cause of failure in physicians attachment to other pursuits, and neglect of their own profession. Through every vicissitude, Dr. Thompson has been attached and devoted to his profession. In prosperity and in adversity, in sickness and in health, in prison and at the bar of judgment, he had but one object in his eye, one exclusive sentiment in his heart,—the healing of the sick, the discovery of effectual cures, the perfection of his system, and the relief of the wretched. Of all the causes of failure, by which ninety cases out of the hundred of curable diseases, enumerated by Dr. Rush, are lost, Dr. Thompson stands clear before the tribunal of the whole world. In his whole character he is the very reverse of all those condemned by Dr. Rush. Dr. Thompson had very much of Dr. Rush's own qualifications for the office of a physician; all indeed, but his book learning. He had the same enthusiasm, the same perseverance, the same determination to succeed and to excel,

the same activity and taste for observation, and, in one word, the devotion of mind to the healing art, which eminently distinguished that kind and celebrated professor.

Dr. Rush being judge, Dr. Thompson would save the ninety-nine patients out of the hundred of the curable cases: and, in fact, his success has been always even beyond this extraordinary proportion. *He has not, no, nor have his followers, lost one out of the hundred of their patients.* I do firmly believe, that this fact cannot be contradicted. Oh! What a gain is here! What a waste of lives; what destruction of the human race prevented!

Dr. Chaptal, speaking of the heroic medicines, says:—"Should their constant and invariable effects through all Europe, be found good and salutary, they ought to be exhibited; but government should impose an interdict upon their use, till the most rigid inspection should have ascertained their safety, and established their success: and not suffer proud and pompous practitioners to sport with the lives and happiness of the assembled millions of Europe." These remarks have been reiterated by Dr. Rush. While pouring the greatest encomiums on the heroic medicines, he adds:—"But in the hands of ignorant pretenders, or proud and careless physicians, they are most fatal and destructive medicines." This will readily account for the fact of the ninety-nine out of the hundred of curable cases being lost. It was nearly a hundred years after the physicians of Europe had introduced the antimonial medicines into their practice, before the College of Paris would suffer their introduction: and that most eminent College of Physicians is now the first to banish the mineral poisons from their practice. They have the distinguished honour of being the last to receive those dangerous remedies, and the first to expel them from their community. There is, perhaps, no people in the world who enjoy as great a flow of animal spirits as the French. We cannot attribute the whole effect to climate alone. It will not account for the fact. Other climates, equally good and salubrious, do not produce such happy results.

Our object is truth, and not speculation. We have all witnessed the sinking soul and loss of appetite, after a severe course of medicine; this is never witnessed in the exhibition of the botanic remedies; but, on the contrary, a degree of animation and a desire for food, which to myself was perfectly astonishing; and, I presume, must be to every one who perceived it for the first time. The conclusion of my own mind was at the time, there must be something in this medicine extremely congenial to life, and in harmony with all its laws. Its effects upon the patient are like sound and refreshing sleep to the husbandman; he rises restored and strengthened like a giant refreshed. It was so contrary to what I had ever before witnessed, and especially in the same patient who had taken medicine for years before,

and always with a loss of appetite, that I could not, without sinning against my soul, withhold my testimony and approbation. We are sometimes forced into opposition with our best friends: it is extremely painful. I was often, since the commencement of these lectures,* on the very point of abandoning them for ever, and wished I had never begun the subject; but as I progressed, and witnessed the salutary result of the new practice, I did verily believe that I was serving God and my country, in striving to diffuse a knowledge of its doctrines.

Nor do I think I can be mistaken; for a practice of forty years over, perhaps, a million of people, in a variety of cases of disease, must be surely calculated to give certainty to the practice, if certainty can ever be obtained in the medical profession.

There are three very important results of this medicine, which I would wish to impress upon my hearers. It removes obstructions, restores the appetite, and invigorates the powers of life. Now these are three essential points in the recovery of a man to perfect health. When all the obstructions are removed, the vital functions have a fair and easy play, acting in harmony and vigour, and the glow of health is diffused over the whole frame. A medicine which has a tendency to exhilarate the mind and rouses the animal spirits, without subsequent depression, proves this single fact, namely, its vast superiority and importance—that it is the medicine of life and health, and no matter when or by whom discovered, the people should cleave to it as a sacred shield and refuge for their woes. It is a solemn thing to take charge of the sick, and undertake the cure of diseases. There should be no enthusiasm or fancy on the subject; but deep and solemn gravity, and sober thought. Yet the effects witnessed by the operation of this new medicine, are sufficient to rouse the mind to something bordering on the romantic. A regular physician of this city, on beholding the astonishing consequences of lobelia and other medicines, on a patient extremely reduced and emaciated, confessed that it was extraordinary; but, said he, it will not last; the effect is only temporary. However, it was not temporary, but permanent benefit which the patient received. If all the sick relieved and cured by this practice could be assembled together, and a fair statement of their cases and cures made out, I am convinced that the world would be amazed at the multitude and the result, as well as at the victory, so signal and triumphant, obtained over sickness, and over death itself.

* "Fifteen Lectures upon the Thompsonian Practice, and Dr. Robinson's Conversion."

THOMPSONIAN MATERIA MEDICA.

In order to render the life of Thompson and his medical experience of the greatest practical utility to the reader, in the treatment of disease, the following explanation of the numbers, 1, 2, 3, 4, 5, and 6, is given. They are those selections and combinations which Thompson made, after a trial of several hundred articles, during thirty years of extensive practice, and which he afterwards prescribed in every case, subsequently patented in the United States, and sold as a family right, at a cost to the purchaser of 20 dollars.

No. 1. Lobelia Inflata.

First medicinal property: An Emetic.—Take of the pulverised seed 1 drachm, cayenne pepper half a drachm. To be taken in a cup of cold water, and when its operation is beginning to be felt, the vomiting to be promoted by drinking hot tea. Should it fail to operate in thirty minutes, let the dose be repeated.

Second medicinal property: An Expectorant. —A tincture, made by macerating the green seed, leaf, and pods, in either spirits or acid. Take of lobelia 1 ounce, cayenne 1 ounce, proof spirits or best wine vinegar 1 pint: macerate 24

hours. For asthma, coughs, and all pulmonary complaints. Dose, 1 tea spoonful. This is also used for counteracting the effects of poison, either internally or externally. For children, the dose must be regulated according to age.

Third medicinal property: A Sudorific and Diaphoretic.—Take of lobelia, the powdered leaves and pods, 1 drachm, cayenne 1 drachm, American valerian *(Cypropedium pubescens)* 2 drachms. The English valerian will prove a substitute for the American plant, should the latter not be found. Dose, a tea spoonful in half a tea cupful of No. 4., hereafter mentioned.

Fourth medicinal property: Anti-Spasmodic.—Take of lobelia seed, pulverized, 1 ounce, cayenne 1 ounce, tincture of myrrh 8 ounces. This should be macerated one week, when it will be fit for use. Dose, for the most violent attack of spasms, from one to two tea spoonfuls, in a cup of penny-royal, or any other herb tea. This is also excellent when used in all cases of suspended animation; also in lock-jaw and hydrophobia. In suspended animation, the dose is a tea spoonful every five minutes, till relief is obtained.

The only preparation of lobelia inflata, which has been recognized by the Pharmacopœia, is the tincture. It has been generally admitted, both by Thompsonians and others, that heat exercises

an injurious influence on the activity of this plant, and hence, preparations in which heat is requisite have been necessarily dispensed with. In some observations of a chemical character on this plant, published in the thirteenth volume of the Journal of Pharmacy, the writer demonstrated several of the conditions under which this change by heat takes place; and showed, that while the active principle, in a free state, was readily destroyed by heat, when it was in saline combination with an acid, it was capable of being subjected to a heat 212° Fahrenheit without injury. Any one may be satisfied of this, by making two decoctions of lobelia, into one of which a small quantity of carbonate of potassa is thrown, and into the other as much acetic acid. The former will possess none of the peculiar acrimony of the plant, the latter all.

The object of this communication is to take advantage of the above suggestion in making several pharmaceutical preparations, which require heat in their formation. It is believed that lobelia inflata has yet to receive from professional men that share of attention which it deserves; and it is hoped, by presenting to the practitioner the virtues of the plant in a condensed form, that he will take up the subject.

Acetous extract of lobelia inflata.—Take of

lobelia seed, bruised, 8 ounces, diluted alcohol 4 pints, acetic acid 1 fluid ounce. Macerate the bruised seed in the diluted alcohol, to which the acetic acid has been added, for forty-eight hours, and then throw the whole on a displacement filter, and, after the liquid has ceased to pass, add sufficient diluted alcohol, that four pints of tincture shall be obtained. Evaporate this by means of a water bath, until it attains the consistence of an extract. The product thus obtained is about one-eighth of the seed employed. In this form, (as a pill,) lobelia can be administered without that peculiar disagreeable effect upon the fauces, so characteristic of its exhibition in the form of tincture.

Vinegar of lobelia inflata.—Take of lobelia, in powder, 4 ounces, diluted acetic acid, or distilled vinegar, a pint and a half. Macerate the lobelia in the diluted acid for twelve hours, and subject it to displacement, on a proper filter, until twenty-four fluid ounces are obtained.

Syrup of lobelia inflata.—Take of vinegar of lobelia 6 fluid ounces, sugar 12 ounces. Dissolve the sugar in the vinegar by the aid of heat, remove the scum which rises, and strain.

The oxymel may be prepared from the vinegar in the same manner as oxymel of squills; and a combination of the two has been highly spoken

of, by a physician, in catarrhal affections. In making an infusion of lobelia, some acid, vinegar, for instance, should always be added.—*American Journal of Pharmacy.*

The following powder, for an emetic, is employed by the reformed colleges of America.—Take of lobelia 14 ounces, blood root 8 ounces, skunk cabbage 6 ounces, capsicums 4 ounces. Use:—This emetic, perhaps, is unsurpassed by any other, for efficacy of action. It is administered in all those cases where an emetic is indicated; and, from its extensive effect upon the system, is very efficacious in breaking up morbid associations, or exciting a healthy action of the system. It is useful in febrile and other diseases, &c. Excellent in the chronic affections of the liver, stomach, and intestines. Drink freely of herb tea. Dose, half a tea spoonful, in boneset tea, every fifteen minutes till it operates. If the first or second doses are rejected, repeat. Boneset facilitates and renders the operation less severe.—*See Family Physician; or Reformed System of Medicine, by W. Beach, M.D.*

No. 2. PURE STIMULANTS.

First and best stimulant: Cayenne pepper *(Capsicum Annuum).*—Cayenne is a most powerful stimulant, and will act in accordance with the laws of life, by stimulating all the glands, removing

obstructions and promoting perspiration, by determining the fluids to the surface.—A decoction will remove pain in the stomach, cramps in the stomach and bowels, colic, and cholera morbus. —It should at all times be used in combination with every other medicine in accordance with the fundamental principles of this system of treatment. A full dose is half a tea spoonful in a cup of herb tea.

Second stimulant: Black Pepper *(Piper Nigrum)*.—Much used for fever, ague, and cholera, and other relaxations of the bowels. The dose may exceed the above, for which it is a substitute.

Third stimulant: Ginger *(Zingiber officinale)*.—Used in all pulmonary affections where there is bleeding of the lungs; also in flatuency, pain in the side, and a sense of oppression in the stomach after food.

No. 3. ASTRINGENTS.

First astringent: Bayberry Bark *(Myrica Cerifera)*.—Take of the pulverized bark of the root 1 ounce, Cayenne ¼ ounce. Dose, a tea spoonful in a cup of water, or any of the herb teas. Used in derangement of the stomach and bowels, and particularly after fevers, to remove the adhesive matter, the fur from the tongue and mouth, or diseased slime from the mucous membrane of the stomach and intestines. Also to increase the

appetite.—It makes an excellent dentifrice to cleanse the teeth and gums, and remove offensive breath.

Second astringent: White pond lily *(Nymphæa Odorata)*.—Used as the last, and is a substitute for it. It is particularly good made into a syrup for children while teething.

Third astringent: The Canada Pine *(Pinus Canadensis)*.—Pulverized leaf and pine's bark. Dose, a tea spoonful in tea of raspberry leaves, or any other herb tea recommended in this work. A decoction of the boughs of this pine tree is excellent for pain in the back arising from disease in the kidneys.—The Canada balsam of the shops is extracted from this tree, and is used as a substitute for the leaf and bark in some cases.

Fourth astringent: Marsh Rosemary *(Statice Caroliniana)*.—Used as the above, but particularly useful as a gargle for sore throat and mouth. Also for bowel complaints and fluox albus (the whites).

Fifth astringent: Sumach *(Rhus Coriaria)*.—The bark of the root, also the berries used for the same complaint as above, but particularly in putrid fevers; the bark of the root being a very great antiseptic. In the form of poultices for old ulcers, it is hardly equalled by any, and as a decoction, it is excellent for falling of the bowels

and womb. It is remarkable that this species (Coriaria) is the only one of the genus that is not poisonous.

Sixth astringent: Avens Root (*Gum Rivale*).—Used as the former; and is also beneficially substituted for chocolate or coffee. It may be used as a constant drink by persons labouring under general debility. In all putrid complaints it is a good substitute for Peruvian bark.

Seventh astringent: Cranesbill (*Geranium Maculatum*).—Used also as the above, but particularly serviceable in cholera infantum, or child's cholera, for hœmorrhage of the lungs, bowels, &c., and in all relaxed, debilitated states of the body. When simmered in honey for sore mouth, it has an excellent effect.

Eighth astringent: Oak bark (*Quercus Ruboris Cortex*).—Like the above, but chiefly used in decoction for fever, diarrhœa, scrofula, and all cases of canker.

Ninth astringent: Witch hazel (*Amamelis Virginica*).—Used the same as the last. For bleeding at the lungs, and in snuff for bleeding of the nose, it is very effective; also in the form of decoction as an injection into the vagina for prolapsus uteri, or falling of the womb, and as a lotion for falling of the bowels.

Tenth astringent: Red raspberry leaves (*Rubus*

Strigosus.)—Used both in decoction and powder, and is a good substitute for any of the above astringents. A tea made of the leaves is most excellent for females previous to, and during the time of labour. It ought to be used instead of the Chinese tea, to brace up the body and keep off faint and languid feelings in hot weather.

Eleventh astringent: The English Tormental Root, (*Tormentilla erecta*), introduced and added by the author to the above list of tonic astringents, as their substitute in all cases where the above cannot be procured. It is to be used precisely in the same doses, either in the form of powder or decoction.

Twelfth astringent: the English meadow sweet (*Spiræa Ulmaria*).—The leaf and flowers of this plant may be used in the same way, and for the same purposes as before mentioned. Many of these astringents were compounded together and used by Thompson in all severe cases of cholera, diarrhœa, or great relaxation of the bowels attendant upon fevers, agues, &c.; for example: take of pulverized bayberry root bark, white pond lily, inner bark of the Canadian pine, sumach leaves and berries, equal parts.—An ounce of these boiled together is to be steeped in a pint of boiling water, then strained, and a wine glassful sweetened with sugar to be taken as a dose; to

which a tea spoonful of cayenne, and half a tea spoonful of valerian or nerve powder should be added.—This dose should be repeated three times at intervals of fifteen minutes each. We are also to give the same compound as an injection if the state of the patient requires it, which will be the case where cold is prevalent, such being indicative of great danger. Also where mortification of the bowels is apprehended, a table spoonful of tincture of myrrh should be added to each dose, as well as to the injections.

No. 4. Tonics or Bitters.

First, Baldmoney (*Æthusa Meum*).—This is a bitter of the first order; it corrects the secretions of bile, creates an appetite, and gives health and activity to the digestive organs. It should be pulverized and used with equal parts of barberry and poplar bark; an ounce of this powder should be put to a pint of hot water, letting it stand a day before using. Dose, half a wine glassful. When used as hot bitters, for indigestion, add a tea spoonful of cayenne to a pint, and take a wine glassful three times a day.

Second Bitter (equal to Baldmoney): Golden seal (*Hydrastis Canadensis*).—Used as the above.

Third Bitter: Poplar bark (*Populus tremula*).—Used as the above, but particularly where there is constipation of the bowels, or difficulty

in voiding urine, it should be combined with the boughs of the Canada pine. The buds and small twigs may be used for worms and disordered bowels.

Fourth Bitter: Barberry (*Barberis Vulgaris*). —Employed in the same way as the former. It is excellent to correct the bile, restore digestion, and remove costiveness.

Fifth Bitter: Boxwood (*Cornus Florida*).—This used as above, increases the animal warmth, strengthens the digestive organs, and obviates female weaknesses.

Sixth Bitter: Golden thread (*Captis Trifoliata*).—A substitute for golden seal, or Barberry bark.

Seventh Bitter: Hoarhound (*Marrubium Vulgare*).—Used more particularly in consumption, and where cough accompanies the disease.

All these tonic bitters may either be used singly or in combination, and where the American articles cannot be obtained a combination of English herbs will be equally useful, thus:—Take a good handful of each of these herbs, hoarhound, centaury, buckbean, and woodsage, with an ounce of barberry bark. Boil one hour in two quarts of water, strain, and take a wine glassful three times a day, for indigestion and all purposes for which the others are used. To make hot bitters,

and increase their powers, add to each pint a tea spoonful of cayenne pepper. The dandelion root may also be employed with the above, to great advantage, in all diseases of the liver and kidneys.

No. 5. SEDATIVES AND NERVINES.

First article: Peach tree (*Amygdalus Persica*). —The flowers and kernel in equal proportions. Boil an ounce in a pint of water, steam it, and add a quarter of a pound of sugar. A tea spoonful of this syrup is highly recommended to children teething and suffering with worms. Also to persons with sickness and irritability of stomach.

Second article: Black Cherry (*Prunus Virginiana*).—This, says Thompson, is one of the most valuable articles among our tonic remedies. It acts primarily on the nervous system, and has the power of calming irritation, and thus of diminishing nervous irritability. It is used as the former.

Third article: Bitter almonds (*amygdala amara*). —Good substitute for the first, and proper in combination with any of the articles named under No. 4.

No. 6. ANTI-SPASMODICS AND STIMULANTS.

Gum myrrh (*Balsamodendron Myrrha*).—Myrrh is the most powerful antiseptic known, and is highly servicable in all putrefactions whatever. It is an almost certain remedy for cholera, all cases

of putridity of the bowels, female obstructions, and diseases of the lungs. It has gained great and deserved repute as an external application for weak joints, sprains, bruises, &c., when combined with alcohol and cayenne.

A preparation was made by Thompson after the following manner, and extensively used in his practice. He called it No. 6, or rheumatic drops. Take of gum myrrh 1 pound, cayenne 1 ounce, brandy one gallon; the myrrh was dissolved in the brandy by the gentle heat of a water bath. Dose, one or two tea spoonfuls—to remove pains and spasms, or to prevent mortification. Either applied internally or externally, or as an injection.—When used as an external application in rheumatism, add spirits of turpentine; in cases of sprains and burns, add camphor.

In giving these Thompsonian medicines I am introducing that which was never before published in this country, or even in America where they are known by some. They have never been published in the explicit form of portion and dose.

NOTICE.—In proportioning the dose of any medicine to the age of a child, it may be assumed as a general rule, that a patient of fourteen years of age will require two thirds the dose necessary for an adult; a child of seven years, one half; of

three years, one fourth; and of twelve months, one eighth.

About 60 drops make a tea spoonful—one drachm is also equal to a tea spoonful—and half an ounce to a table spoonful.

Nerve Powders: American valerian ladies' slippers (*Cypripedium pubescens*).—For nervous symptoms half a tea spoonful of the powder sweetened in water or tea.

Composition powder. Bayberry root bark 2 pounds, inner bark of hemlock 1 pound;* ginger 1 pound, cayenne 2 ounces, cloves 2 ounces, to be powdered finely and well mixed. Dose, a tea spoonful to an equal quantity of sugar, in half a tea cupful of water.

This powder is generally used in America for making tea for every complaint, and is sold regularly in the shops, as composition powders, or Thompson's composition.

*The Hemlock here mentioned is not the English plant but the Canada Pine, mentioned as the third Astringent in page 89; a large tree, which grows to the height of 80 or 90 feet. It is called in America The "Hemlock Spruce."

ON THE

PROPERTIES OF LOBELIA INFLATA.

THE greatest point of dispute that has arisen on the principles of medical reform is upon the question as to whether lobelia inflata be a poison or not. Hitherto it has generally been believed to be possessed of dangerous narcotic properties, which belief has, no doubt, taken its rise from the general opposition of the faculty to the whole of Thompson's mode of treatment; for, had this article been introduced under the wing of the profession, like mercury, arsenic, prussic acid, digitalis, &c., it would immediately have been patronised by every medical school and college in the world. A statement from "Beck's Medical Jurisprudence," although published thirty-seven years since, has been seized upon, and considered as sufficient evidence of its poisonous principles, its opponents quite overlooking the fact that investigations of the most minute description have, since that time, been made into the properties of plants, and their essential differences pointed out, with scientific discrimination.

The following account from the "Staffordshire Mercury," April 9, 1847, will show how the statement above referred to has been dragged down from its musty shelf, and brought to bear against this almost infallible medicine:—

"TO THE EDITOR OF THE STAFFORDSHIRE MERCURY.—SIR: As a great number of persons in this neighbourhood are now taking

emetics, chiefly composed of the powder of lobelia inflata, which I cannot but suppose they are doing through ignorance, it seems little less than a duty imposed upon those acquainted with the properties of this potent and even poisonous drug, to state publicly what these are. Perhaps the readiest and least questionable mode of conveying this desirable information will be by quoting the following passage from the seventh edition of an excellent work, well known and highly esteemed by the medical profession on both sides the Atlantic, viz., 'Elements of Medical Jurisprudence, by Drs. Theodoric Romeyn and John B. Beck, Professors of Medical Jurisprudence in the State of New York.'

"'Lobelia inflata, L. (Indian tobacco, emetic weed, eyebright), a native of the United States.—This is a powerful emetic, and distressing and long-continued sickness often accompanies its operation. A melancholy instance of death, occasioned by the use of this plant, in the hands of a quack, is detailed in the sixth volume of 'The Massachusetts Reports,' in the trial of Samuel Thompson, an empiric, practising in Beverley, for the murder of Ezra Lovett. In this trial it appeared that the patient, being confined by a cold, sent for the pretended physician, who gave him three powders of lobelia in the course of half an hour, each of which vomited him violently, and left him in a great perspiration during the night. The next day two or more powders were administered, each of which operated by vomiting, and occasioned great distress. In like manner two other powders were given the subsequent day, leaving the patient in a state of great prostration. Several days after this the physician came again, and, finding his patient still worse, administered several more powders, which occasioned great distress, and at length ceased to operate. Finding that the stomach was not sensible to the emetic effect of the lobelia, the physician repeated the dose, and when the patient complained of great distress at the breast, and said he was dying, the doctor assured him the medicine would soon get down or operate as a cathartic. However, on the same evening, the patient lost his reason, and became convulsed, so that two men were required to hold him, to relieve which, the doctor forced down two more of his powders, and the patient, as was to be expected, grew worse, and continued so until he expired. The doctor, who had thus terminated the disease and the patient at once, was arrested and put upon trial for murder; but the homicide proving a legitimate one, from the want of sufficient evidence of malice prepense, he was acquitted and set at liberty. Horses and cattle have also been killed from eating this plant.

I do not exaggerate when I state that, during the last ten years, *thousands of individuals in the United States have been murdered by the combined use of capsicum and lobelia, administered by the Thompsonian quacks.*' "

The origin of the above erroneous statement will be found in a note to the "Life of Thompson," written by himself, tenth edition, J. Pike and Co., Columbia, Ohio; and, in order to put the English reader in possession of the facts, it is here quoted.

"As the learned judge could find no law, common or statute, to punish the accused, he directed, or advised, those present to stop this quackery, as he called it, and for this purpose to petition the legislature to make a law that should make it penal for all who should practice without licence from some medical college; to debar them of law to collect their debts; and if this should not answer, to make it penal by fine and imprisonment.

"This hint, thus given by the judge, was seized upon first in Massachusetts; from thence it has spread to nearly all the states in the Union. From this source may be traced all those unconstitutional laws which have been enacted in relation to this subject, and all those vexatious suits which Thompson had to attend in many of the States, from Massachusetts to South Carolina. But Thompson was always able to break them down by his patent, the patent being from higher authority, which Judge Parsons could not prevent, or perhaps he never thought of. He, however, made his own report, and handed it to the reporter, which is published in the sixth volume of 'Massachusetts Reports,' and is resorted to by all the enemies of the practice, for defence against the system."

I am now happy to introduce the medical opinions which have been written since that period, by the highest authorities, as a contradiction to the above, and a proof of the correctness of Thompson's views.

All the world knows that Dr. Elliotson is at the head of the medical profession in London. First, then, I will give you his opinion: "Lobelia inflata is one of the most important articles in the materia medica; with many it acts as a charm, and in ten or twenty minutes they will be perfectly relieved, so that all the other remedies used in asthma and other diseases of the respiratory organs, are nothing to be compared with it." Scarcely second to this eminent man is Dr. Kinglake, of Taunton; he says, "the efficacy of this medicinal article is much enhanced and ensured by its sickening agency. In some instances of difficult respiration, it proves beneficial without occasioning nausea; but when sickness results from its use, so far from that occurrence being a reason for discontinuing it, an additional inducement is afforded for pressing it, until full vomiting, and the consequent relief be obtained.

"No apprehension had need be entertained of its acting deleteriously; it may therefore in *all* cases of oppressed respiration, especially when of the spasmodic character, be fearlessly administered until full vomiting be produced, when the desired benefit is usually effected.

"Squill, ether, ipecacuanha, ammoniacum, assafœtida, stramonium, &c., appear to be vastly inferior in direct and lasting efficacy to the ethereal tincture of the lobelia inflata: it may therefore be justly considered a remedy of superior value; and if not altogether the desideratum in asthmatic cases, it perhaps exceeds in salutary influence any other known medicinal agent in that description of malady."

It would occupy too much space were I to add the testimony of a host of American physicians, otherwise it would be easy to quote from their works encomiums equally strong with the above. Suffice it here to mention their names, viz., Drs. Robinson, Cutler, Beach, King, and Eberle, of Philadelphia. The last mentioned says, in his "Treatise on the Practice of Physic,"

vol. ii. page 219, "of all the remedies we possess, the lobelia inflata is, I think, decidely the most valuable in this affection (asthma). Within the last five years I have had an opportunity of witnessing its good effects in four cases, and I can truly say, that in two of them it acted like a charm. I have known the most violent paroxysm of spasmodic asthma completely subdued in less than thirty minutes by this medicine. It appears to me that ergot does not more certainly act upon the gravid uterus during the parturition, than the lobelia on the pulmonary organs in asthma. I have even found it to mitigate the difficulty of breathing which occurs in consequence of organic disease of the heart. Since the publication of the first edition of this work, I have had occasion to prescribe this article in a violent and inveterate case of this malady. The good effects, in this instance, were as prompt and decisive as in any case I ever had previously witnessed. In one hour after the exhibition of the remedy, the patient's respiration was entirely free from difficulty or oppression.

"The good effects of a full dose of this medicine are often experienced in the course of ten or fifteen minutes after it is taken." By a full dose he means a table spoonful, says Dr. Graham, from whom this is quoted.

As to the report of the trial mentioned, the reader will find an account of it in the preceding "Memoirs of Dr. Thompson," page 70, &c. It is, moreover, easy to prove that Thompson discovered the medical virtue of this remarkable plant, as stated by Dr. Samuel Robinson, of America, in his lectures, page 140, on Medical Botany. "Lobelia," he says, "discovered and used by Thompson, will penetrate the system, equalize the excitement, remove the obstructions, cleanse the stomach and bowels, purify the blood, remove diseases from the lungs and liver, in a manner far superior to whatever was accomplished by mercury. While it possesses this advantage, which

mercury never had, it acts in harmony with all the principles of life; leaves no taint, no disease, no racked and decayed bones and deformed countenances behind. This simple fact, whatever may be said to the contrary, will set it at an immense distance above all the fame that mercury ever can acquire. I think, while I am writing these words, of that awful and terrible day of decision and despair, when all the forms and faces which mercury has mutilated, shall be arrayed against the system of practice; but against lobelia, not one in all that countless multitude shall show a decayed bone or deformed feature." Could the members of the faculty who are now so busy in abusing Thompson behold this—could they anticipate the scene, they would employ themselves in devising methods (if that were possible) to remunerate the world for the evils they have done it, and the miseries they have inflicted upon its inhabitants.

Lobelia is a most active and powerful medicine. Its effects are to cleanse the stomach, remove obstructions, and promote perspiration. It is perhaps one of the most valuable remedies of the vegetable kingdom. It is that species of the lobelia termed inflata by Linnæus; but it does not appear that its medical qualities were ever perceived or regarded by the physicians previously to Thompson's time. It is a specific in asthmatic complaints.

Dr. Thompson says of this herb: "It is most powerful in removing disease, and safe in its operation. I have given it to infants of a day old, and men of eighty years. It is innocent in its nature, moving with the general current of the animal spirits. There are two cases where the medicine will not operate, and can hardly be expected to operate; that is, when the patient is dying, and when there is no disease. Where there is no enemy, there can be no war. In the healthy system it will be silent and harmless. It is calculated to remove the cause of disease and no more, as food is to remove hunger; it

clears all obstructions to the extremities, not regarding the name of the disease, until it produces an equilibrium in the system, and will be felt in the fingers and toes, producing a prickling feeling like that caused by a blow on the elbow." "It is also," he says, "of great value in preventing, as well as in curing, disease. A little of it taken into the stomach when a person feels unwell, will immediately throw off the obstructions, or cause of sickness, and save a person from a long attack of pain and fever."

In confirmation of the above authorities, I wish only to add my own extensive experience of lobelia in operation. I am in the constant use of it, amongst a practice of from two hundred to three hundred patients per week, using upon the average two pounds weight per week for several years, as my book will prove, and never, in one single case, have I had any fatal results from its most copious use.

In a course of instruction for the people, whose minds are totally unaccustomed to the subject, it will be obvious that all technicalities must be avoided; or, if used, must be explained in the most simple language; while the complicated organism and its varied functions must be illustrated by the most striking, but familiar similitudes; for we must bear in mind that he is the best teacher who accompanies his lessons with pleasure and entertainment.

It is possible to cure disease, and not understand the *modus operandi*, the mode in which the medicine prescribed operates; or, as Wesley says, "without a knowledge of anatomy or physiology." I would, nevertheless, have all men acquainted with the elements of physiology, so far as to be enabled to

understand the reason of the faith which is placed in the means advised or employed. A knowledge of the vital functions, and of the cause of their derangement, if possessed by the patient, would create confidence in him, and often greatly facilitate his cure; while it would, at the same time, have a tendency to check advertised quackery, and prevent much gross imposition that prevails at the present day. Neither the ignorance of the patient, nor the presumption of the doctor, would then often be ludicrously betrayed in such a scene as the following, related by Dr. Johnson: "An invalid was labouring under a combination of the most dissimilar symptoms, and complained that he could not obtain any satisfactory information as to the nature of his protæan malady, his medical attendant making use of phrases which were, to him, words without meaning. He was told that his *digestion was impaired*. He asked what was meant by that? and was answered, that his *digestive apparatus was deranged in its economy*. Still no nearer the mark, he looked puzzled and lost; upon which his medical attendant proceeded to make the matter perfectly clear by saying, that *his secretions were depraved, his gastric juice deficient, his nutritive functions feebly performed*; the tone, the energy, the *nisus formativus*, in other words, the *vis vitæ, twenty per cent. below par*. The gazing patient bowed his gratitude for this luminous explanation, and re-seated himself in his chair of sickness, as wise, certainly no wiser, than he was before.*

If the people were educated in a knowledge of the masterpiece of nature, the human system, one half of disease and early deaths would be prevented. But, as to this important knowledge, they have been kept in worse than Egyptian dark-

* The preface of the work entitled "Life Health, and Disease," by Edward Johnson, surgeon.—Fifth Edition.

ness, being taught at school everything but this, and this being held as above their comprehension, as indeed it is, but only while it is hidden in the mysteriousness of a dead language. But I shall make it my business to instruct them on this subject, in language free from all difficult technicalities; and where I may use them, I shall take care to give of them a clear and plain explanation. I shall now commence with the organs of digestion, or what is the more proper term, assimilation, which signifies the conversion of food into blood and flesh.

DIGESTION.

THE incomprehensible power of the Deity, as it is manifested throughout nature, is ever composing, and decomposing the materials of which he framed the universe. All matter has long been ascertained to be constantly undergoing change, though not perceptible to human ken. The diamond descending through generations in the ancestral crown must pass and perish, as the dew drop that evaporates in the morning's sunbeam, the density of the mass but making the difference in the durability of the form. When, therefore, we look at the human form, and at the materials of which it is composed, all of so soft and perishable a nature, with the great prevalence in it of the fluids over the solids, as is in all organized forms, and these in constant action by exercise and exertion, it is obvious that the change of materials, or waste, must be unceasing and immense. If change, decay, or waste, be the inevitable fate of all matter, dead or living, organic or inorganic, it must be evidently so in a pre-eminent degree in man, the highest organism in the creation. And so it is found and acknowledged to be, by all physiologists. Every time that we breathe, the moist vapour which we see on a frosty morning expelled from our lungs, carries away with it a portion of ourselves, and dissipates our substance in the original ocean of the common elements which surround us. Through the pores of our skin evaporate, on an average, about two pounds and a half of mat-

ter every twenty-four hours. There are also the evacuations of the fœces, urine, and other secretions and wastes, the uninterrupted action of which is necessary for vigour and health. It is, then, perfectly clear to the most simple mind that, had not the Divine Creator instituted a process by which a constant supply of fresh material was rebuilding up the body and taking place of that which was wasted or evaporated, man, whose life is even now said to be a span, would then have been but as an ephemera, or creature of a day, or the flower of one sun, or

> "As the dew of the mountain,
> The foam on the river,
> The bubble in the fountain,
> Would be gone, and for ever."

But he has instituted a process, called nutrition, and set up machinery for the purpose of collecting and supplying the rebuilding materials simultaneously with the process of waste. He has also, to carry out the design, implanted in creatures a love of self-preservation as the first law of their nature; and we can readily observe in their habits this powerful law forcing them to action, and marking each species with strong and distinct characteristics in accordance with the mode of obtaining the food on which they subsist. Most of them pass the chief part of their lives in search of the elements of nutrition: and even with all our boast of superior endowment and proud civilization, it cannot but be observed that the thoughts, actions, and days of most men are devoted to the acquisition of the creature comforts, to the mere purposes of animal existence, although they are so eminently destined for so much higher and nobler attainments.

In drawing comparisons between the nutritive process of man and that of other animals, it has been observed, that, while

some of them are confined to the feeding on flesh, as the carnivori, the lion, tiger, hyena, &c., and others, such as the stag, horse, sheep, are limited to herbage, and most of them determined to a particular climate—man, on the contrary, is a free animal, living everywhere, and devouring everything; the most harmless in appearance, the most destructive in reality; and while the inferior creatures obey by unerring instinct the laws of nature, eat, drink, and sleep in due proportion, and just balance with exhaustion and waste, conserving that harmony in the processes of their bodies which constitutes health, and accordingly are seldom diseased; man by the abuse of his privilege of free will, is constantly living and pursuing habits in opposition to all the laws of health and life, and consequently suffering disease, debility, and degeneration. This alarming fact will be manifested, as we proceed to show how the laws of health are violated by the customs of society, which by subjecting digestion to various obstructions produce a diseased morbid state, the most prevalent of all disorders, and known commonly by the name of indigestion, or the more fashionable term dyspepsia. But, though it is prevalent, the faculty confess that they know little or nothing about its cause or its cure; and we find one of the most eminent men of our own enlightened age, Dr. Andrews, a teacher of the medical students, and physician in ordinary to her Majesty, thus expressing himself:—

"Indigestion is, without doubt, the most frequent of all diseases. It occurs in every country, in every season of the year, and in every class of the community. Although it is devoid of the dangers which accompany other diseases, it is, notwithstanding, equally annoying to the patient, destroying many of the sources of his enjoyment. Physicians have for a length of time made this disease the subject of inquiry; but it yet remains involved in much obscurity. Its pathology is little understood; the method of its treatment imperfectly known;

and the greatest difference of opinion exists regarding the extent to which its influence operates in producing other diseases." —*Cyclopædia of Domestic Medicine, page* 527.

Well, good Dr. Andrews, we shall be able, I think, by the aid of a little common sense, to draw this disease out of the obscurity in which it is involved. Digestion we know, at any rate, is that process by which beef and pudding are turned into the blood and flesh of Englishmen. Is it not so?

MASTICATION.

THE first process for healthy digestion is efficient mastication, the duty of pulverising, or chewing, which belongs to the teeth, an important duty. By the teeth alone a good physiologist can determine to what class the skull of an animal belongs, as the carnivori, or flesh-feeding animals present a great contrast to the herbivori, those feeding on herbage; for, while the former are shaped for piercing and tearing to fragments the flesh of animals, the teeth of the latter are flat, broad, and indented, for grinding to pulp herbage or grain, preparatory to its descending into the stomach. But man has both of these kinds of teeth, and also some peculiarly his own.

Placed in the front are, first, the *incisores*, four in each jaw, scissar, or chisel-shaped teeth, having surfaces which meet and pass over each other in sharp edges, and making an incision of a mouthful at once through what is offered them, as a hungry ploughboy is seen to exemplify upon a thick piece of buttered bread, cutting a railway arch out of it with his incisores.

Next to them, on both sides of the upper and lower jaw, is a sharp-pointed *canine*, or *dog-tooth*, so called from its resemblance to a dog's tusk. Not being calculated for dividing, like the incisores, it seems to be designed for laying hold of and tearing substances. Packed closely at the back, of which there are ten in each jaw, are the *grinders*, or *molares*, as the double teeth are termed, *mola* being the Latin word for *a mill*; and before indigestion was known in this country these mills were of great service—

> "Meaning the time, ere England's woes began,
> When every rood of land maintained its man."

Then luxury and disease were alike unknown, nor even bread and butter considered to be common indispensable articles of food. The healthy vulgar beings lived upon roots, berries, and acorns, and each man was compelled to be his own miller, and in his own mouth, with his own mills, grind his own corn every time that the stomach demanded a supply. Indigestion was then unknown, for this reason: because, by the time that the stomach was satisfied, the teeth and jaws were heartily tired of their tedious work, and would not further advance with it merely to gratify the palate. People then instinctively knew the proper measure of their natural wants, a matter which they have so far forgotten that, though eating and drinking are operations repeated three or four times a day, there are few left among the millions who know how to perform them properly, most either choosing improper things, taking too much, or eating too fast, bolting, or not grinding food sufficiently for the stomach, a frequent cause of indigestion, the stomach having to do its own work and also that which the teeth have neglected.

The teeth furnish a beautiful example of what has been

justly denominated a prospective contrivance. Their presence above the gums at birth would have been only an annoyance. Accordingly, they are then wanting; but nature, which anticipates our needs, places them deep in the jaw, even before birth, to appear in due season. If a section of the jaw of a young animal be made, some of the teeth may be seen just beginning to be formed, others cutting through the bone, while others are passing through their last covering, the gum. In the child, the teeth generally begin to appear from the sixth to the twelfth month, and the first, or milk teeth twenty in number, are usually completed about the third year. These, again, begin to be shed about the seventh year; and the second, or permanent set, is not complete until about the sixteenth or eighteenth year, though in some rare instances children have been born with teeth already grown in their jaws, as was the case with Richard III.

In the process of shedding, the crown, or that part of the tooth which is coming forward, presses upon the fang of the one already occupying the jaw, and causes its absorption. It is the impossibility of growth, in consequence of the non-vital nature of the enamel, which renders the renewal of the teeth necessary. In consequence, also, of the jaw, during youth, increasing its dimensions, mostly posteriorly, it is necessary that the number of the teeth should be increased, in that situation, in order that no part of the jaw may be unfurnished. For this reason, about the time when the human being reaches maturity, a new tooth arises at each extremity of the range, being four new ones in all, which, from the time of their appearance, are called the *wisdom teeth*. There are some teeth which animals of other species do not shed. The incisores of the rodentia, and the grinders of the elephant, &c., continue to grow during the whole life of the animals.

But dentition, or the teething of infants, is properly a subject for a separate treatise of itself.

The human teeth are composed principally of two substances, the *enamel*, and the *ivory*, or *bone*. The enamel is placed externally and on the body of the tooth, and forms only a thin layer. It has ninety-eight per cent. of earthy matter in its composition, is so hard as to strike fire with steel, and is viewed by physiologists as void of vitality, so that when once formed, the teeth never increase in size, and when any part of the enamel is destroyed it is never regenerated, and thus it is, that broken teeth soon corrode and decay. Still, however, the root or fang is penetrated by a small nerve and artery, which are distributed to the membrane that lines the cavity: and it is to the action of air upon the former, when the cavity is laid open by decay, that the pain of tooth-ache is chiefly owing. The remedies which are generally mentioned as most effectual in removing this pain, are, the essential oil of tobacco (*very dangerous*), kreosote, nitric acid, spirits of cloves, or a heated wire. All these destroy the vital powers of the nerve, and by that means quicken the decomposition of the tooth.

The oil of tobacco can be obtained thus, if any one be anxious to try it.—Take a large sized German tobacco pipe: half fill it with tobacco lighted at the bottom: lightly fill the rest of the pipe with cotton wool, and close the top: blow the smoke through this, till the tobacco is exhausted: compress the oil out of the cotton upon a penknife blade; lightly touch the nerve through the caries, or hollow of the tooth, with the smallest particle of this; and the narcotic poison will destroy it instantly, giving, while it relieves the pain, another proof of the deadly venom of the weed. This is one of those secrets, by which a travelling gentleman astonished the natives, and filled his pockets by an advertisement of *instantaneous relief*.

There is a method of arresting the decay of a broken or perforated tooth, which, if practical, should always be resorted to, as soon as the decay is discovered. This consists in plugging or stopping the decayed cavity with a cement prepared for the purpose, sometimes in the following manner.—The decayed part or hole must be so bored, or scooped out with an instrument, as to make the cavity larger than the orifice. An amalgam of silver is then made by putting into the palm of the left hand a globule of quicksilver the size of a small pea, and mixing with it as much silver or gold leaf as it is possible to thrust into or mix with the quicksilver. The heat of the hand expands the mercury during the process, making it receive as much of the harder metal as to form a hard solid, when cool. This cement, while it is in a soft state, is pressed firmly into the cavity. It hardens and adheres, as it cools; and if properly made and put in, it cannot come out again, as the bulk of it is much greater than the orifice through which it entered. I have myself a tooth thus saved by silver;* and it indicates at this moment no further signs of decay, than it did eight years ago, the time when it was stopped.—This molecule of knowledge has been the source of fortune to many an advertising quack; the process, simple as it is, being to be kept a profound secret, and disguised under the mystifying jaw-cracking names of mineral mamoratum, terro metallic cement, and chemical succedaneum. But I shall proclaim all useful knowledge to the people, however loud the cry of "traitor" for betraying secrets be raised against me by this class, or even by the legitimate sons of the profession.

I shall begin with observing that the internal part of the tooth, or ivory, approaches more to the nature of bone, and is

* Performed by John Wainwright, surgeon-dentist, 5, Price-street, Birkenhead.

shown to possess vitality, from its capability of adhering to other vital structures. It was owing to this property that Duhamel, a physiologist of the last century, and others, were able to transplant the teeth of one person into the jaw of another, to make them grow upon the combs of cocks, &c. The transplanting of sound teeth out of the jaws of the poor to fill the place of decayed teeth in those of the rich, threatened at one time to become so common, and led to such degrading consequences, wretches even selling their teeth for the demon spirit gin, that parliament imposed upon the transplanting of teeth a heavy penalty: nor would this have stopped the practice, had it not, happily for the interests of humanity, been discovered that it produced disorders more serious than the deficiencies intended to be supplied.

INSALIVATON.

During the employment of the teeth and jaws, another of equal importance is going on, that of *insalivation*, or the outpouring into the mouth of the secretion called *saliva*, which assists the taste, and mingling with the food helps much to form a pulp suitable to the passage of the throat, and is the first chemical fluid towards the solution or digestion of the food. Saliva may be easily understood; as its presence is excitable by anything that will stimulate the mouth, even by imagination, the thoughts of pickles, alum, or lemon, &c.

The *saliva* is secreted, that is, set apart and stored up by glands; two of which are placed near the angles of the lower jaw (*submaxillary*); two under the tongue (*sublingual*); and one on each side immediately before the ears (*parotid*). They

all open into the mouth by means of small tubes or ducts; the four first under the tongue, the two last on the inside of the cheek, opposite the second or third molar tooth of the upper jaw. The fluid trickling from the last mentioned may be seen at any time by turning out the cheeks,and looking for their small openings. Its flow is observed to be increased by pressing with the finger from the ear forwards. The camel is supplied with additional salivary glands in the throat,which are of great service in its long journeys over burning deserts, keeping the mouth moist, and assuaging the great pain from thirst, which must otherwise ensue. It is self-evident, that nature, which has nothing throughout her works vain, superfluous, or deficient, had depended much upon this saliva, and considered it of great importance to digestion. But the proud "lords of creation" evince by constant action, that they are pleased to think differently, and are at no small expense and trouble, exhausting taste and ingenuity for contrivances to get rid of, and waste it by every means in their power: and as it is known among them, that anything bitter, pungent or hot, will stimulate, and excite its presence in the mouth, they find out a deadly poison, set fire to it, and draw its acrid suffocating fumes through fashionable tubes, or long pipes, draining off by this delicate and agreeable practice all the natural sauce to hunger's meat, all that turns the dry crust of poverty into a banquet, and compensates the fate of those who toil and need with the joys of health. Instead of reserving the saliva to moisten and aid in the digestion of their food, they spit it out into things they call spittoons, or all about the floor. Here then is a great cause of disease, of indigestion and morbid thirst. Here one bad habit leads to another, still more, if possible, injurious, that of taking drink, more especially intoxicating drink.—Is smoking injurious? I am often asked. Is it natural? I ask again. To find out whether a habit be injurious or not, let a man ask his own

common sense and conscience, if it be natural. If not, it will be found to be injurious. If the camel smoked and spat, would he not be without water to cross the desert?—Tobacco has been called the social weed: philosophers have been addicted to it: poets have sung its praise. No matter. Chemical analysis proves it to be a narcotic poison, at deadly enmity with human life. A small portion of it taken into the stomach, or injected into the bowels, has been known in several instances to kill immediately.

A social weed! creating sociality! indeed it is; for is it not very social, to see an old man and woman, a sight quite common in Lancashire, sitting nearly doubled up with their feet on the fender, smoking and spitting in the fire-place, without even exchanging a word, like two old cats with the mange, singeing their noses in motionless silence, for hours together? Is not this a scene of remarkable sociability? And do not forget to look at the Dutch, who, like Washington Irving's Knickerbocker, sat smoking, and ardently thinking about nothing for hours together. Smoking in company too often betrays a poverty of soul, an incapability of maintaining the spirit of conversation, an unfitness for the joys of friendship, humour and conviviality.

Dr. Andrews said, that the cause of indigestion is very little known. The causes are too numerous and too striking, if people would but open their eyes; it will be generally found to be in one or more of bad habits. Dr. Buchan said that, it is more prevalent in this country, than in any other. But such is not exactly the fact; for the inhabitants of the large cities of America seem to suffer even more than we do from the causes enumerated. Their habits of smoking, chewing, and spitting, are notorious; some of them pride themselves on their excesses and indecency, making a boast that they can spit to a mark all formed round in a circle of two yards diameter, or right slick

through the bars of a stove without spoiling the polish; and asserting their independence to spit where they please, converting a decent abode into a pig-stye. A few weeks ago I witnessed a most disgusting instance of this gross indecency. It is almost too sickening to record; but there is perhaps no other way of putting down this abominable impudence, than by exposing it everywhere to disgust and indignation. As I crossed from Birkenhead to Liverpool in one of the steam ferry boats, I observed sitting in the saloon below, four proud young citizens, who were twisting and chewing something in their mouths, and discharging every moment from between their teeth, what they thought fit, in the careless mode of full national freedom, upon the smooth polished boards before them. The sea was rather rough and a slight storm prevailed; the vessel rolled; many who descended into the cabin slipped as they passed near the men of liberty, and at last, I had the disgust to see a lady fall with her beautiful dress in the nasty mess. When a boy, I have teazed toads with a stick, and seen the dark bloated reptiles swell and foam; but they never appeared to me half so ugly and repulsive as these accomplished bipeds. It is almost impossible to cure indigestion, while this hurtful and disgusting habit is continued; and many a difficult case which it has been the sole cause, would by total abstinence from it, without medicine, without any aid, besides the recuperating powers of nature alone, be restored to health.

Tobacco is said to be good for the tooth-ache. It may, in deed, at times, give ease; but yet its action is most injurious to the teeth, those first instruments of digestion. Tooth-ache, and decay of teeth, arise from any disease of the viscera, or organs of digestion, often from the use of mercury, or antimony, upon contracting a dangerous malady; in a word, from any one or from all those habits combined, which produce dyspepsia.

Dr. Solander, who accompanied Captain Cook in his voyages, declares that he was surprised to find all the natives of the South Sea Isles, living to a very advanced age, in full possession of all their teeth, beautifully white, and ignorant o the tooth-ache. But alas for the children of nature! the bliss of their ignorance did not remain with them long after that period. Scarcely a century has passed since commerce reached their shores, and not distinguishing the evils from the benefits of civilisation, they embraced both, are now paying in pain the penalty of nature, have the dentist and the doctor among them, and are never more to be free from disease till education shall have rectified the errors of civilisation, broken the fetters of evil customs, and restored to them the full mead of healthy liberty in reward for their return to the obedience of nature's laws.

The tongue, and the muscles which move it, and, with the aid of the cheeks, place the food under the teeth, and pass it backward into the gullet, form one of the most curious parts of the masticating apparatus. The mouth, during the presence of food in it, forms a closed cavity, bounded by the lips in front, by the cheeks laterally, by the root of the tongue and the veil, as curtain of the palate *(velum palati)*, brought together behind, and preventing any of the food from passing backwards.* To the palate is attached the *uvula*, a conical-shaped pendant, much subject to swelling in sore throats from cold, &c.

When mastication is completed, the food, in a state of pulp, is collected into a sort of ball, and in the act of swallowing,

* The veil of the palate, or a sort of movable curtain, which hangs down during mastication in such a manner as to prevent the food from passing too soon down the throat, does not exist in birds, or in animals which do not masticate.

the veil being at the same moment lifted up, is thrown from the back of the tongue into the top of the gullet, called the *pharynx*, which is expanded like a bag, or funnel, to receive it, and has the nostrils opening into it from above the mouth, besides two other openings, called eustachian tubes, which open on its sides and lead to the internal ears.

Now, if the uvula of the palate were merely raised up, and nothing more done, the food or drink might escape from the pharynx into any or all of the openings mentioned, the inconvenience attending which everyone has experienced when a morsel of food, or a bit of salt, gets into the nostrils or the windpipe. This, however, is effectually prevented, for the curtain is not only effectually lifted up, but is also instantly applied to the back of the pharynx, so as to cut off the communication with the nostrils, and the eustachian openings. Thus nature, ever an economist, has made one door to shut, or serve the purpose of closing at the proper times, several entries. At the instant that the food is thrown from the tongue, the sides also of the glottis, or opening into the windpipe, are drawn together, and a gristly substance, the epiglottis, is firmly folded back over it. The food, still being forced downwards, passes rapidly over the epiglottis into the gullet, the only opening it can now pass through. It is thus carried, or forced down into the stomach, by the simultaneous action of the muscles of the œsophagus, the tube which descends into the stomach.

It has been seen, that the food, in order to reach the gullet, or tube, which leads directly into the stomach, has to pass the aperture that lets the wind or air into the windpipe and lungs. In looking into a person's mouth, there appears but one tunnel for the conveyance of all things. Nevertheless, there is a branch line a little way down, a sort of grand junction, where the passage for the breath comes into that for the food.

Now, it is evident that if it were not for some nice contrivance here, there would sometimes be mistakes, causing collisions of trains, by the food going into the windpipe instead of the gullet. But the windpipe is immediately shut off, not by points, but by a better contrivance—a sort of trap-door, called the epiglottis, a gristly, valve-like body, beneath the base of the tongue, which closes quickly at the moment of swallowing. Yet "it sometimes happens," as Dr. Carpenter relates in his "Animal Physiology," "that if the breath be drawn in at the moment of swallowing, a small particle of the food, or a drop of fluid, is drawn into the glottis; and this action (commonly termed 'passing the wrong way') excites a violent coughing, the object of which is to drive up the particle, and to prevent it from finding its way into the lower part of the windpipe. It may also happen that a larger substance may slip backwards, by its own weight, into the glottis, when there was no intention of swallowing, and when the larynx was consequently not drawn forwards beneath the tongue. The presence of such a substance in the windpipe excites a violent, and frequently almost suffocating cough, the effect of which is sometimes to drive it up through the glottis, and thus to get rid of the source of irritation.

"But if this does not occur, it is necessary to remove the offending body in other ways; sometimes it may be removed by an aperture made in the windpipe; but if it cannot be laid hold of and drawn through this, the plan recently adopted in the case of Mr. Brunel (engineer), into whose windpipe a half sovereign had unfortunately found its way, may be advantageously employed. He was fixed upon a board that was made to revolve upon a pivot, in such a manner that his body was brought into a very inclined position, with the head *downwards*, a position which could not, of course, be retained for a

long time at once. The coin then dislodged itself by its own weight from its place in one of the bronchial tubes, and was felt to drop towards the glottis. But it there produced so violent an irritation, as to bring on a cough which threatened suffocation, and the attempt was abandoned. It was renewed on another occasion, however, after an opening had been made into the windpipe, for the purpose of extracting the coin through it, which was attempted unsuccessfully; and as the admission of air into the lungs through this opening prevented any chance of suffocation, the inclined position of the body was continued, until the coin dropped through the glottis into the mouth.

"The act of swallowing is itself involuntary, and may even be made to take place without the will. This may seem contrary to everyone's daily experience, but it is nevertheless true. The movement by which the food is carried back, beneath the arch of the palate, into the pharynx, is effected by the will; but when it has arrived there it is laid hold of, as it were, by the muscles of the pharynx, and is then carried down involuntarily. It has several times happened that a feather, with which the back of the mouth was being tickled to excite vomiting, having been introduced rather too far, has been thus grasped by the pharynx, and has been swallowed. Moreover, we cannot perform the act of swallowing without carrying *something* backwards upon the tongue; and it is the contact of this *something*, even if it be only a little saliva, with the membrane lining the pharynx, that produces the muscular movement in question. This action is one of the kind now denominated *reflex*. It is produced through the nervous system; for, if the nerves supplying the part be divided, it will not take place."

We will now follow the food, as it has passed safely over the

epiglottis, into the gullet or œsophagus, the direct passage to the stomach, and shaped something like a funnel. The upper and larger portion of it, which first receives the food, and which extends upwards to the nostrils, is called the pharynx: its front communicates with the larynx at the top of the wind-pipe.—The œsophagus is a long narrow tube, which descends from the pharynx into the stomach, extending in front of the (vertebra) back bone, and behind the heart and lungs. In the act of swallowing, it performs a muscular action by pulling the food downwards; so that anything that has once passed the veil of the palate, even in sleep, is drawn down by it into the stomach. This is one of those curious portions of the animal economy, called reflex, or involuntary. It is thus clear, that all the movements of the mouth on one side of the veil of the palate are governed by our will; but the moment food has passed that portal, it is beyond our will; it is seized by the muscles of the pharynx, and forced down the passage. The muscles move by a set of nerves, which communicate not with the brain, but with the spinal cord. When these nerves are divided, the act of swallowing cannot take place: and when the brain is removed in animals, if life be not yet extinct, and these nerves remain uninjured, they can still swallow. It is one of those functions, to which we give the name of reflex, or instinctive (as above stated): to distinguish it from those effected by the will, intended to accomplish a certain purpose.

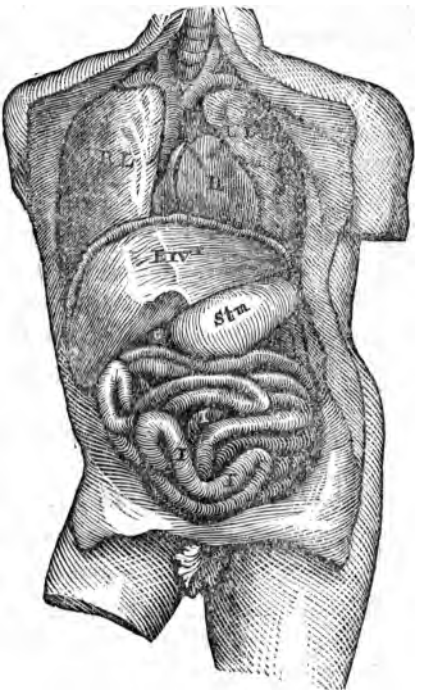
We have the food now propelled downwards into the stomach. Here we must follow it with our mental eye, as though gifted with the second sight of mesmerism, and able to see clearly through all obstacles, even though several walls between us and the interior of that wonderful apartment of the fabric, into which, we will suppose, we have accompanied a mouthful of food. Of this apartment we must take no hasty survey, nor,

like a mercury pill, take a run round the chamber, and a gallop through the bowels, and depart; but contemplate this fountain from which proceed the health, vigour, and power of the whole constitution.

THE STOMACH.

THE stomach is the kitchen to the mansion, said the clever, but eccentric, Abernethy. It is the storehouse, from which all the other parts of the body derive sustenance and support: and as the health and strength of the entire fabric depend upon the condition in which this organ is found, and this condition is dependent upon what it is furnished or stored with, which again depends upon the *will* and *discretion* of the individual, it becomes a matter of the greatest moment to understand itsnature, and operations. We will now take our survey.

THE POSITION OF THE DIGESTIVE ORGANS.



H the heart, R L right lung, L L left lung, Lvr. liver, Stm. stomach, G the gall bladder, I I the intestines.

The position of the stomach, relative to the chest, bowels, and liver, will be at once seen by inspecting the diagram, on which it is marked Stm.; it is separated from the cavity of the chest by the diaphragm, or midriff, seen like a band over the liver. The right or pyloric extremity of the stomach, marked P in preceding cut, lies close to the lower surface of the liver, Livr. the latter being a little displaced to show its situation. At

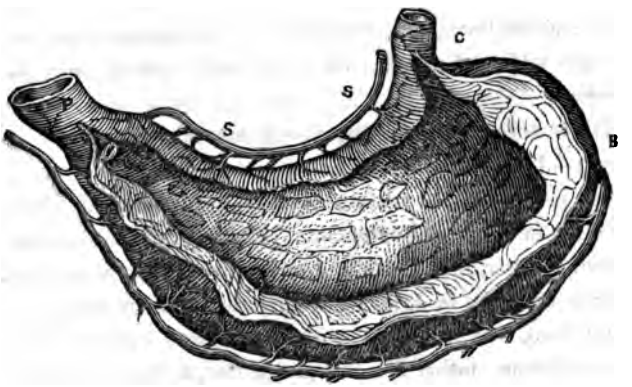
the lower surface it has the appearance of resting upon the intestines.

The stomach is a membranous bag seen lying under the lower ribs of the left side, and stretching across the hollow, commonly called, the pit of the stomach. The upper end is the entrance for the food from the gullet, called the *cardiac region:* at the lower end is situated the valve, called the *pylorus*, through which the food, when digested, passes into the intestines.

The texture of the stomach consists of three coats, or layers:—1. The *outer one* is smooth and shining.—2. The *middle one* is composed of fleshy fibres, one set running lengthwise, the other in a circular direction. These give the stomach muscular power, and enable it to contract and expand, and also to press upon the food, giving it a churning motion during digestion.—3. The *inner coating* is a smooth but irregular looking membrane, rather of a rose pink colour, thrown into wrinkles. This, so important in digestion, is studded with little grain-like glands, from which issue the mucous matter, which, as it were, oils and protects its surface from irritation or injury, and plays an important part in its functions. Fine nerves, also bloodvessels, cover it on all sides, like a net. It receives a large supply of blood, which is increased or diminished according to its condition between hunger and fulness. When empty, it is collapsed and loose; when full, swelled out with the blood, active and abundant, making its internal surface red, like an inflamed eye. These terminate in the inner surface, in the most minute hair-like points, or dots, giving out a fluid secretion; while the veins, in the same manner, suck in any fluid, and carry it into, and convey it over the system with a rapidity, that easily accounts for support after milk or soup, for pain and death from poison, or intoxication after alchohol. The nerves, which pervade the stomach and its

region, are electric telegraphic wires, that proceeding from the brain give the sensations of hunger or fulness, of exhilaration of spirits in health, of depression in disease, or of nausea when foulness is present.

THE STOMACH.



C the cardiac orifice, through which food and drink are introduced. P the pylorus or pyloric orifice (from pylorus, a gate keeper, because it allows none but digested food to pass out). S S the smaller arch, or curvature. G G the greater arch, or curvature. The stomach for the purpose of showing the pylorus, &c., is here laid open.

Every mouthful enters the stomach by the left, or cardiac opening. The fluid parts are immediately absorbed by the venous capillary tubes, and the solids begin to be acted upon by the gastric juice, which flows out from the little bags, or glands, embedded in the coats of the stomach. Like the salivary secretion, it is poured out in abundance, by the lining membrane being stimulated on occasion of the contact of the food. But only a certain quantity is secreted at one period, and this is the exact quantity, and *no more*, than is sufficient to dissolve food enough for the supply of the natural

wants of the system. As the solution advances, that which has become fluid, of somewhat the appearance and consistency of milk porridge, is moved by the action of the stomach towards the right and inferior opening, called the *pyloric* orifice, the *pylorus*, or guard of the passage, from its resemblance to a guard at a gate, in preventing the entrance into the bowels of undigested food; for no sooner does the pyloric valve feel the touch of undigested food than, instead of opening, it immediately closes and will not admit the unqualified morsel. This function is called eclectic—the power of choosing at will, of which we shall say more presently.

The stomach of an ordinary sized man is capable of holding from three to three-and-a-half pints, though, by eating immoderately, it will extend to somewhat more, being very elastic; and, indeed, were we to judge by what we sometimes read in the public prints, of gormandising feats performed for idle wagers by some of the savages of civilisation, the stretch to which it will extend is enormous, and altogether incredible. Not that excess is confined to the poor or ill-bred; on the contrary, it is in the higher circles, and more in that greater mass—the middle class of society, who ever ape, with slavish adulation, the fashionable absurdities of rank and birth, that we are to look for these extremes.

"Fools make feasts (says the proverb) and wise men eat them." Such is sometimes the policy of the wise; not that it is wisdom to indulge at every opportunity in a fool's prodigality, either by lending your countenance or endangering your soul or body by placing yourself in the vortex of its seductive attractions.

Men perceive principles the better when they are exhibited in extremes; so, to perceive the more frequent cause of indigestion, we will take a view of an extreme case. Suppose some hale simple-minded country 'squire becomes, in consequence of

his "vote and interest," a person of some importance to some more lofty worldling, or influential designer. The fashionable undertakes to draw the unpolished gem from his native obscurity, and introduce him to what is called good society—the gay debaucheries of a London season. To begin, suppose him to have an invite to a city feast; or, if you will, let him go on Lord Mayor's Day to have his good health pre-eminently endangered by the imperative demands of tyrant custom, in the superb glories of a modern spread at Guildhall, when, as the newspapers state, the immense tables groan (I suppose they never grunt) under all the luxury the imagination can conceive, or gastronomic art execute. Course after course would be served up, consisting of every kind of fish, fowl, meat, and game, disguised in the flowery robes of what Dr. E. Johnson calls the "black art," accompanied with every impenetrable mystery of garnish. Then come the soups and sauces, with turtle, real and mock, and innumerable exquisites, reeking with the balmy spices of every land, from vessels of gold and silver, on which genius has elaborately entwined the graces of nature with the wealth of mines. Now, his stimulated palate and excited curiosity would desire to taste a little of each novelty placed before him, and should he only get a mouthful of a tithe of what he beholds, it is evident that his stomach would be soon filled, like the bag of the bagpipes, with a load far greater than the wants of nature demand, or the exact measure of the gastric juice secreted can compete with. The violation to nature is manifest; but, then up comes the second course, and with it a glorious host of strong inducemeuts, such as he may never taste again, so that he must taste now in order to remember the occasion.

The Turks say, "'Tis the last feather on the load that breaks the poor camel's back," and a feather's weight may kick the balance between health and sickness in the quantity

taken at a meal. But the back is not flexible, the stomach is; and, in consequence, it is used by some as they use their carpet bag, looking upon it as a thing that can never be stuffed too full, or be made to carry too great a variety of articles. This course and others are despatched, when pies, puddings, tarts, jellies, &c., a load of confections called the lighter articles assert their authority, being stronger provocatives of further filling. In vain the heavy laborious sigh of the prostrated organ, although it has no tongue, pleads for mercy; for now is served up the all-glorious dessert—the choicest fruits of every clime—the sweetest tribute of every soil, from every corner of the sea-washed earth—for it is well said that ships must sail four times round the earth, and touch at every port, before an alderman can dine. Well, our visiter has come this day determined to be supremely happy, to raise himself to pleasure's highest joys, but alas! the disappointments of this life! all is vanity and vexation of spirit. He now feels so uneasy, his sense of oppression is so great, he is surely done or rather undone, the stomach is at the height of misery; not a wrinkle is left to move; the muscular power to churn the massive meal is lost; his breath is very short; he would fain retire to breathe the fresh air, but in his bashfulness he feels bound in courtesy to stay and suffer; when, to complete his misery and dismay, a tall, imperative looking person, the toast-master, rises behind the state chair of the city sovereign, and exclaims, in a stentorian voice, "Gentlemen, charge your glasses." At this signal, to show his patriotism, he is compelled, with the rest, to rise, and in rich wine to place upon that overloaded mass "Her Majesty the Queen." In like manner, in spite of the stomach's heaving remonstrance, "Prince Albert" is next toasted and swallowed. Next, "the army, navy, and"—oh, mercy! he bolts "the church." Last, not least, but as if to effect the entire ruin of his constitution

he has, in awful repugnance, to swallow all the leading members of Her Majesty's Ministry. Thus the soft, flexible stomach is first stuffed like a carelessly crammed carpet bag, with a jumble of ill-agreeing articles, and is at last turned into a porter's knot, bearing all the weight of the motion.

Now, in this heterogeneous mixture, what must inevitably take place, heated as it is by spices and soaked with alchohol by which the whole is further hardened against the power of the gastric juice, now so inadequate to the disproportionate bulk? There is plethora or congestion everywhere, but digestion nowhere, and the various meats commence a putrefactive decomposition. Fume and smoke, with putrid gases, ensue, while the vegetable parts undergo the acid fermentation, and send up carbonic acid gas till it all turns to a filthy, pernicious mass, producing sour belchings, nausea, pain, and intoxication. Still, if the pylorus, the sentinel, the guardian angel of the bowels, is true to his post, he will not allow this host of mischief to pass into them, for if it be producing distress and injury in the plain chamber of the stomach, it must effect incalculable evil in its passage through the intricate convolutions of thirty or thirty-five feet of bowels.

But there are ways of overcoming the sense, or rather the sensibility of the pylorus, compelling this functionary to yield his trust—felling the sentinel. The patient (for the debauchee is by this time a sick man, getting from bad to worse), as the mass ferments, gets into a fume, and vows he must have relief —must be purged, and is determined to work it all off. Having arrived home, he takes, in order to effect this, some aperient drug, salts, or blue pill and black draught: and, as sure as the cannon ball will kill if it hits the soldier, so will this ball of poison stun and prostrate the pylorus. Now the sentinel is dead, the entrance is stormed, the city is taken, and the disease of every dish, like a band of fierce brigands, rush

pell mell, with sword and fire (sharp acidity and inflammation), upon the peaceful inhabitants of the corporation, and soon there is a riot in every street and lane. There is, in fact, a revolution going on. The patient hears a rumbling noise here, and feels a pain there, from one side to the other, fast increasing, till, warned to bear it no longer, he jumps up and rushes down stairs, and woe betide the unhappy wight that stands in his way. Upon returning, he rejoices that he is relieved and better, and thinks that he has warded all the mischief off: but here he is much mistaken. A gross violation has been committed upon the entire constitution, and more especially upon the eclectic sensibility of the pylorus, that sensibility of right that guarded over the health of the bowels. It is true that the penalty paid for the first offence against nature's laws may not be very severe, but still it is certain, "for nature (unlike a capricious judge) knows well how to proportion to the fault the punishment it merits, and never fails to inflict her penalty." Thus, of course, by a frequent repetition of such excess, either in the meal or in the mode of getting rid of it, much injury is inflicted; for by this practice the unthinking gourmand continues to distend and weaken the stomach and bowels, and, above all, to destroy the peculiar function of the pylorus, till at last, when indigestion is established, the function is lost. Crude and half-digested masses continue to pass, producing diseases and symptoms too numerous to mention. It is in this particular excess that one half of the diseases in society find their origin or perpetuation, and I have directed the unprofessional reader's mind to an extreme case, that the consequences involved might be the more apparent. Not but that almost every meal is converted (though in a less degree) by cooking into a magic spell, in which the spirit of taste betrays us through temptation's flowery path into the fell grasp of the demon disease. When

food is taken into the healthy stomach in due proportion, and of a wholesome nature, however varied it may be, the mere fluid parts are quickly absorbed, and the solids begin to be acted upon by the gastric juice, by the peculiar virtue of which that variety is all reduced to an uniformity, as before stated, that is, into chyme. A moderate quantity of animal food is dissolved in about two hours, and an ordinary meal generally in about double that time. As the solution advances, the dissolved parts are gradually moved by the action of the stomach towards the pylorus. The dissolved food, or the chyme, is a greyish, pulpy matter, always, in a healthy state, slightly acid. It passes in successive portions from the stomach into the first part of the intestines, called the duodenum. Here it mixes with the bile or gall (an alkaline fluid, poured out by the liver from the gall bladder), and the pancreatic juice (a fluid resembling saliva), which comes from the pancreas, or sweetbread, a gland lying behind the stomach. Immediately after this mixture, an alteration takes place in the mass, the nature of which is not well understood, but, by an experiment performed by Dr. Beaumont, it was found that by mixing chyme drawn from the stomach of his patient, with bile, it separated into three distinct parts.

A milky layer floated on the top, a whey looking fluid in the centre, while a reddish brown sediment settled to the bottom. The milky layer appears to consist of fatty particles derived from the food and the bile; the whey-looking fluid is composed of albumen,* one of the chief constituents of all animal solids, being a matter derived from the more nutritious portion of the food; and the reddish brown sediment consists of innutritious matter and bile, destined to be passed out of the bowels. this process is called "chylification," and the mixture altoge-

* The white of an egg is albumen. This principal ingredient abounds in the serum of the blood.

ther, named "chyle," now passes along the bowels, so that that which was bread, cheese, meat, fruit and vegetables, is now two degrees nearer to being flesh and blood, or a part of our own selves. The process of digestion is not completed in the stomach, but is thus continued chiefly in the small intestines. From their walls the lacteals or milk-bearers (from lac, milk) absorb the nutritious fluid. These lacteals infinite in number, are small minute vessels arising on the inner or mucous coat of the small intestines named the jejunum. The lacteals have a knotty appearance when distended with chyle, being full of valves by which the chyle is prevented returning. Thus a great portion of the mass is absorbed, while it is being propelled along the first part of the alimentary canal, and the residue is carried through the continuation of the bowels by the contraction of its muscular coats, producing what is termed the peristaltic or worm-like motion of the bowels. The chyle in passing through the lacteals traverses small bodies called the "mesenteric glands," in which it probably undergoes further alteration. As it proceeds the lacteals unite more and more, until they end in a vessel called the "receptacle of the chyle," where the chyle mixes with the lymph brought from other parts of the body. This mixture or compound of chyle and lymph, then passes through the terminating branch of this system of vessels (called the "thoracic duct, from its passing through the thorax or cavity of the ribs) and terminates in the great vein under the clavian or collar bone, called on this account the "sub-clavian vein." Just before the vein reaches the right side of the heart the chyle is here poured into the venous circulation, (the dark blood of the veins) and, as will be seen, the oldest materials of the body mix with the new in preparation. But though mixed with the blood it has not yet the complete properties of that fluid, but with the venous blood enters the heart on the right side—

the walls of the heart contract and repel it into a large vessel termed the "pulmonary artery," by which it is conveyed to the lungs—in the lungs this artery branches off, becomes divided and sub-divided, multiplying its branches almost to infinity, traversing the lungs in every direction. The lungs are composed of a countless number of small cells or chambers, into which the blood is conveyed, and each time we draw in a breath of air, the cells are inflated, or filled, thus bringing into contact the blood and air, the air each time changing the dark deteriorated venous blood and the chyle into perfected red arterial blood, which is now endowed with all the properties requisite for the maintenance of heat and nutrition, and capable of supplying the body with the materials necessary for the repairs of all its varied parts. Thus qualified it returns to the left side of the heart, where it is received into the left auricle, and through its valve into the lower chamber or left ventricle, from which by its contractions it is forced over the aorta, or main artery. The aorta gives off innumerable branches to every part of the body, which become firmer as they proceed, and multiply as they go, till, infinite in number, they are lost in minuteness in the cellular tissues of the body. The nutritious particles of the blood are conveyed to the cellular tissue in order to re-supply or deposit new matter wherever there has been waste, or exhaustion, by sweat, by a blow, or a wound, all of which are restored or healed by this process. I have been brief in this description, reserving many observations for the more important subject of the functions and diseases of the lungs.

As we thus observe the dissolving powers of the gastric juice, we must now be convinced that it is necessary, in order to facilitate digestion, that the food should have been well masticated. If it has not, it is evident, as there are no teeth in the stomach for the purpose of pulverization, that digestion must be retarded,

and the gastric juice a longer time in making an impression on the solid lumps which have been forced upon it; thus arise feelings of uneasiness and disorder in the epigastric region, the first sensations of dyspepsia, or indigestion.

Our object is to detect and cure disease; and hence our first enquiry should always be for the cause or causes of it; for in attempting a cure, the cause of the disease must be first removed. The causes of indigestion are numerous, Dr. Buchan said that the English suffered from it more than any other people; and he assigns as the causes, the free and immoderate use of malt liquors, and late suppers, which in fact produce this effect; and to them he might have added, the excessive use of flesh-meat, often fed to an unnatural fatness. But the habit of insufficient mastication, together with that of smoking and chewing tobacco, renders the Americans, as before stated, greater sufferers than the English.

We now come to describe the symptoms felt at the commencement of this complaint.—From whatever cause it may arise, there is commonly a general debility of the system without any particular pain. A man upon awaking in the morning, seems not refreshed by sleep, feels lazy, and laden with an unusual indifference to rise. He springs not up with joyful anticipations of the day: the objects that call for action and joy he contemplates with dullness: slowly he dresses: defers all business which should be done before breakfast: thinks comfort can be drawn from a hot cup of coffee, which he must have before all things: should he, while dressing, examine his tongue in the glass, he will find it coated with a whitish brown fur, nauseous and clammy: he takes his breakfast with little appetite or relish: feels dull, low-spirited, and irritable in temper; should his wife be talkative, he thinks her a bore, and rudely taxes her with always bothering him when he would be thinking; should the children wish to play with him, he cannot bear with the brats, and orders them away; the coffee is bad

the butter is stale, the eggs or bacon must never again be bought at the same shop; all is bad; and grumbling he goes out to his business or work. In vain nature smiles around him: the cultured flower uprears its head to please his lack-lustre eye; the tiny primrose peeps from its sheltered bed to emit a smile in the morning sun; but he heeds them not, he has lost those joyous spirits, and that fondness for agreeable objects, which he felt in boyhood. In vain the sparrows cry, cheer up; in vain the lark aspiring sings. He cannot cheer up, the lark is no lark to him, he is sad and dull; but he knows not why. It cannot certainly be the hot supper and grog which he took last night. But it is. Every hour while he is at his avocation he wishes to be away; longs for dinner time, not because he is hungry, but because he wants a respite. Would that it were one o'clock! Arrived at dinner, no appetite; eats of everything in vain, to get a taste, a relish. After dinner he is not refreshed; in humour for nothing, fit only to fall asleep. But the time is up; he must go, does go, giving a deep sigh as he moves away with his dull head and heavy stomach. Next wishes it were tea time; is sure, if he had but a hot cup of tea, he would be all right, which indeed may be true, for of all the meals this is the only one calculated to afford him relief or refreshment.—He takes tea, and its stimulating effects, raising the internal heat, give him a temporary respite from his morbid sensations. He now thinks it all nonsense, fancy, will shake it off, think no more about it: a friend invites him to the play, or to a party, and treats him to a meat supper, say pork chops, or hot steaks, cheese and porter; he eats heartily, goes to bed heavy—sleeps—dreams; in that dream what horrors! hunted, a hundred to one, by the ghost of a wild boar, or of a mad bull; something with the weight of a horse presses upon his chest—he groans—is alarmed, and awakes his wife in all the horrors of the night-mare. Next day very ill—bowels costive—head aching—very low—a dull pain beneath

the shoulder blades—takes a dose of salts—relieved a little—takes another—drags on from day to day, and week to week—takes cold—grows worse,—must really get some relief, some advice—goes to a doctor.—The doctor hears, if he have patience, the long dull tale of his many little ailments—feels his pulse—looks at his tongue—hems and ha's—through his spectacles examines his dress and address—concludes him to be respectable—can pay a good fee—oh, awful! the liver complaint; frightens the man, prescribes calomel and antimony to stimulate the liver, opium to ease the pain; jalap, rhubarb, and salts, to purge out the ill effects of the other medicines; port wine and bark, most scientifically to re-supply the strength, which will be greatly reduced by them all. The man takes them, as prescribed, grows worse every week—has a settled head-ache, and swimming in the head, dimness of sight, pains in the back, and in the sides—no appetite—is sore to the touch at the pit of the stomach—gums sore—teeth aching and loose—tongue furred and blistered—emaciated, weak, fanciful. He is now really ill; must go to some other doctor; does go; must do something different; has an inflammation of the cardiac portion of the epigastric region, not serious yet, but approximating to danger; must be bled immediately, blistered too, on the side. More poison! more depletion! As the blood flows, verily life's current is departing, and then are destroyed for ever the stamina of the constitution. Alas! poor victim! mournfully mayest thou now utter,

> "Oh! life, thou art a galling load,
> A long, a rough, a weary road,
> To wretches, such as I."

It would be, perhaps, in vain, to show him in his ignorance, or the doctor in his learned or scholastic obstinacy, "that the blood thereof is the life thereof," as expressed by scripture, and so clearly demonstrated by the immortal Hunter. It is

the fluid, in which is conveyed to every organ sustenance, heat, and vitality; and whatever was its activity on the pain ful part in producing the heat called inflammation, whether the pulse of the patient was heavy and slow, or small and quick, the pale emaciated frame of the patient now proves the deficiency of the vital fluid; low before, he is lower now. He is confined to bed; from it he may or may not rise. But suppose him to recover after many weeks, he and his wife praise the skill of the doctor in raising him out of the deplorable state in which the other one, two, or four, as the number may be, conduced to cast him. He has been bled, blistered, starved, salivated, and poisoned. The strength of manhood has departed, and he is doomed in weakness and low spirits to pass the rest of his days. The salivating mercury has made him as a walking weather-glass, which feels the change of every wind; and the whole depletion has subjected him to a state which ever after renders him the easy victim and recipient of every epidemic, fever, influenza, cholera, or whatever may be common to the clime or season. If he neglect to muffle himself up in a load of cloaks he takes cold; if he eat anything rich or fat he has the bile; and how it is he cannot tell, but he is always so costive that he must depend constantly on pills, and from sad experience losing, like Dr. Bailey, all faith in regular physic, he falls into the hands of the advertising quack, and resorts in despair to the pill, or antibilious pill fraternity. He is now a poor nervous, debilitated, heartless, moping creature, or crawling ghost of his former light-hearted, active, courageous self. His complexion alternates between the sallow and the pale; he carries the careworn look of premature age, and is partly sure to die a premature death, which he contemplates in a settled melancholy: and where there is great irritability, or a long-protracted state of these symptoms, it not unfrequently produces monomania or madness, or is terminated by suicide.

CAUSES OF INDIGESTION.

The causes of indigestion are various and almost innumerable. I will mention some.—Office work, or working the mind without exercising the body; habitually sitting in a cramped position, deep grief, anxiety, snuffing, smoking, and chewing tobacco. Above all, indulging in intoxication, heavy suppers, breathing an impure atmosphere, repeated exposure to cold, long abstinence with much fatigue, mineral medicines, bleeding, and excessive purging. We will commence our remedial measures with

THE NEW TREATMENT.

First, reflect upon your daily habits, and begin by removing any of the above causes, or those which your own judgment or experience tells you must retard the operation of your digestive organs in their diseased and weakened state. Avoid rich food and strong drink, take no fat, very little butter or cheese, and no flesh of swine or high game. Begin your course of medicine with an emetic of No. 1,* over night, promote it by hot tea, and No. 2, during the intervals of vomiting. The next day continue the treatment by taking a tea-cupful of

* This very singular herb whose properties are but little known to the common practice at the present time acts in an unaccountable manner against disease ONLY, and throws no food off the stomach, while it clears it of all diseased matter. It gets rid of the tough, ropy slime, and cold offensive mucus which lines the digestive cavity, all foul undigested food which may have lain there for a great length of time, and relieves at once, and as if by magic, those pains in the side, heaviness, and headache, for which the victims of chronic liver and stomach complaints are salivated, blistered, and bled in vain. At the same time, it is to be remarked, that if there be no disease, there will be no visible action produced by its fullest exhibition.

a decoction of any articles under No. 4, page 92, made hot with No. 2. Should you feel cold, or chilly in bed, or be subject to cold feet, take a composition powder every night upon lying down, and sleep with a hot water bottle to your feet. If the bowels continue costive, add an ounce of senna leaves to your No. 4 while mixing it; or regulate the bowels without purging, as directed by the prescription for pills No. 3, at the end of the volume. Should the bowels be relaxed, put in half an ounce of the tincture of myrrh to each day's medicine of No. 4. For the second week's course, add an ounce of golden seal (hydrastis Canadensis) pulverized. If the tongue be much coated it is a proof that the same vicious secretion is continued through the alimentary passages; in which case add a good handful of raspberry leaves to No. 4, or 1oz. of the pulverised bark, of the bay berry of America (myrica cerifera). To expedite and complete the cure, rise early every morning, and walk two or three miles.

By strictly following the above treatment, all the morbid feelings accompanying indigestion will quickly depart, and the proper taste, appetite, and strength, will as soon return; but should nervous irritability attend this disorder with false or voracious appetite, the sedatives of No. 5 should be employed in combination with any of the articles mentioned under No. 4, or the following:—

Take of
Bogbean
Centaury
Horehound
Angelica, of each, ...a handful
Boil them for one hour in
Water .....1 quart
Strain and add
Valerian root in powder .....½ ounce
Bitter almonds ditto .....1 drachm

MYRICA CERIFERA.

The mixture should be bottled, and well shaken up when taken. Begin the dose with a table spoonful four times a day, and increase to half a tea-cupful each time by the end of the second week's treatment. The medicine should be made fresh every week, as without spirits of wine it cannot be kept longer for use than seven or eight days.

HEPATITIS, OR LIVER COMPLAINT.

HEPATITIS has generally been considered of two kinds; the acute, and the chronic. The symptoms of the acute, are a sense of weight and pain in the right side and shoulder; sallow or pale complexion; great depression of spirits; loss of appetite; costiveness; urine high coloured, depositing a red sediment and ropy mucus. It is mostly accompanied with febrile affection, dry heat attended with tension and pain in the right hypochondrium (under the right ribs), and is often pungent like that of pleurisy, but more frequently dull. Much uneasiness is felt on lying down on the left side, with difficulty of breathing; a dry cough and sometimes vomiting and hic-cough.

The chronic, or long established kind may, besides the above, have flatulency; pain in the stomach; foul mouth and tongue much coated; also all the symptoms of indigestion; a yellow tinge of the skin and eyes; clay coloured stools; weakness and slow progressive emaciation.

These symptoms are, however, often so mild and insignificant as to pass almost unnoticed; as large abscesses have been found in the liver upon dissection, which in the person's lifetime had created little or no inconvenience, and which we may presume to have been occasioned by some previous inflammation.

In the East and West Indies, and all hot climates, inflammation of the liver is a very fatal disease; but in Europe, and in these islands, the disease is seldom attended with fatal consequences of an immediate nature.

When suppuration takes place, the patient mostly recovers, unless the strength has been greatly reduced by the remedial process, or the constitution has given way before. Then it often happens that a hectic fever is produced, and the patient sinks without any bursting of the abscess; but when the constitution is good, and the strength is yet to be trusted to, adhesions form between the part where the abscess is and some neighbouring part, and the pus is discharged by the different outlets with which this part is connected, by coughing, vomiting, purging, or by an abscess breaking outwardly. In order to give our readers an idea of the errors of the old treatment, we extract a leaf from Hooper on the established mode of combating this formidable disease.

"The treatment of this disease is different in the two forms which it assumes. That of the acute hepatitis only differs from that which is resorted to against all acute imflammation, in the particular way in which mercury is exhibited. As soon therefore as the disease is pathognomonically established, the lancet and purgatives are to be resorted to; and in this climate, as boldly and as frequently as against inflammation of any equally important viscus. Twenty ounces of blood are to be abstracted rapidly from the athletic, young, and good-constitutioned subject; and its repetition to be directed according to the effect, and the state of the pulse. The bowels are next to

be cleared by five grains of the sub-muriate of mercury, followed by saline purgatives with senna, until the nature of the evacuations show that it is not likely that any fœcal matter remains in the intestines in a solid form, and that the bile passes off freely. Much depends on attending to this circumstance, and guarding against a tardy movement, or lodgment in the sacculi of the colon. In the East Indies, where this disease is so frequent, and proves fatal to so many, the bowels are mostly loose, from the great secretion of an acrimonious bile; and it is found necessary to somewhat arrest the peristaltic movement of the bowels, by combining opium with the purgatives. In all cases where it becomes doubtful whether the lancet shall be again resorted to, cupping and leeches are useful; after which a blister of a good size is next to be applied. As soon as the intestinal canal has been cleansed of all the crude fœcal matter, mercury should be administered in such a way as to effect, as soon as possible, a mercurial action of the gums and mouth. In very acute cases, and especially in those which exist in the East, where a few days determine whether the patient is to live or die, this is attempted by rubbing mercurial ointment into the legs and thighs, and giving calomel and opium in large doses, and frequently five grains of the former, with half a grain of the latter, or five grains of the compound powder of ipecacuanha, every two, three, or four hours. In this country much smaller doses are given, because the disease does not proceed so rapidly; and James's antimonial powder is administered in the dose of five grains, with one of the sub-muriate of mercury, every four or six hours.

"Chronic hepatitis requires the same treatment with the acute, but in miniature. General blood-letting is only to be had recourse to when there is acute pain, and there is no reason why blood should not be abstracted; but cupping, and frequently applying leeches are beneficial."

Now, who with a grain of common sense, or a fair share of humanity, having any knowledge of the poisons mercilessly employed, can read this account without a chill of horror? well may Dr. Frank exclaim that "thousands were murdered in their quiet sick rooms;" but though this is the treatment relied on by the great mass who are every year like the sportsman "licensed to kill," it would be unjust to suppose all alike, obstinate and blind. Dr. Barnwell declares that he has witnessed the destructive effect of mercury in this disease on both sides the Atlantic. "The abuses of mercury," says he, "in cases of acute hepatitis, or in any stage of it, when attended with acute pain, we know to be the most pernicious mode of treatment which it is possible to invent. About fifty years ago mercury came into general use in India in this complaint, and when the patient died by its application (as they generally did by this treatment), the acute form was set down as incurable," no doubt it was not the fault of the doctor but the patient. Looking at the above in conjunction with the belief expressed by Dr. Ray—that there are herbs to cure all diseases, though not everywhere known; reason would have supposed that rather than resort to such barbarities, religion and mercy, with streaming eyes and bleeding feet would, o'er rock and thorns have searched each wilderness for that efficient herb, but a stronger perversity prevails through the medical profession. Dr. Graham, whose modern domestic medicine is one of the best publications of the old school, says, "the unthinking and less skilful part of the profession almost universally agree, that mercury is here the fit and only remedy, but those whose experience and judgment are mostly to be depended on are very cautious in the use of that mineral, and place little reliance on it in the treatment of this disease." Nevertheless, with the usual inconsistency, Dr. Graham relies in a milder form upon all the old system; but concludes with stating that the dande-

lion is a very useful medicine for this affection. "A man," says he, "aged about 46, living at Wallington, had felt uneasiness in the right side for several years; about two years since it increased to actual pain, which being accompanied with a quick, hard pulse, loss of flesh, and considerable debility, caused him to relinquish his employment. All the symptoms concurred in proving this disease to be a severe liver complaint. Many means were tried for many months, as bleeding, cupping, blisters, mercury, &c. &c. but they proved no remedies to him; at length we advised him to take a tea-cup-ful of strong decoction of dandelion twice a day; he did so, and I saw him no more as a patient. It succeeded to admiration in relieving and restoring him." Here is a pretty confession! and why not have given him this admirable physic of the fields before, instead of after the expense and torture? Simple Dr. Graham! The public will suspect why.

Dr. James Johnson says (Medico Chirurgical Review, Jan., 1829), "the more the dandelion is employed, the more certain proofs it will afford of its utility." A fact which I could testify in more than a hundred cases, wherein I have cured every stage of this complaint, both with a simple extract of the herb and root, or in combination with other medicines that greatly facilitate the cure. One or two instances I will relate in order to exhibit the new treatment. About two years since I had a young married woman brought by her husband to me for a large swelling not much less than an ordinary tea cup, under the right shoulder blade. It gave her extreme pain, and caused sickness. It was attended with a dry cough and asthma; she had suffered about four years, had enjoyed what was called the best, i. e., the dearest advice, and was pronounced incurable. Her complaint was variously stated to be consumption, liver complaint, asthma; but the tumour puzzled all. She was much emaciated, her pulse ran weak and hard, but high and

feverish; her appetite was gone, she had been bled, blistered, and several times salivated. Of course she thought the tumour the worst part of her complaint; but I told her that it was the best symptom about her; it was nature struggling to be free, and making an outlet for disease; that it would be worse, become more painful, and that it must be increased and brought to a head. This alarmed her, as she had been told that if it went on to that state it would prove an immense abscess, which would not cease to discharge till it had killed her. Now this was a liver complaint, in which ulceration had taken place, and the tumour was that ulceration seeking an outlet. The other practitioners had suppressed what I increased. I soothed her fears and commenced with a strong decoction of dandelion, half a tea cup full four times a day, made hot with No. 2, a pill every night of No. 1, a vapour bath once a week, with a hot water bath to her feet every night, and after three days an emetic. In one week her appetite returned, and the cough abated, but the tumour, as foretold, increased both in size and pain. I ordered for it fomentations of hops and poultices of oat-meal. She continued to get better in her general health and the tumour worse, till the fourth week, when it showed a white head. I opened it with the lancet, and it discharged about a pint of matter; she was immediately free from all pain: in about two weeks after it had completely healed up, and she declared herself perfectly well. Another extreme case, was of a working man who had suffered for six years, from an immense swelling, covering all the right hypochondrium, accompanied with most of the dull symptoms of chronic liver complaint. I administered nothing, neither did I prescribe much; he had heard all my lectures which were delivered about that time, and treated himself. Having in those lectures recommended the lobelia inflata, and curcuma or turmeric, he tried both, and finding relief from the

first emetic, in two weeks he took five, with large doses of cayenne and curcuma. He came to me to show me his success and thank me. The swelling had all gone except a space at the centre about two inches in diameter. He had no pain, but a firm belief that a cure would be established, which ultimately took place in about a fortnight afterwards.

For the general treatment of liver complaint, I must remark that in addition to the hints given in the cure of the two cases above mentioned, the precautionary observations on Indigestion will always apply also to this disease; while sick head-ache, foul tongue, or heaviness in the region of the stomach will indicate the necessity of an emetic of lobelia. Should great heat, inflammation or feverishness be present, the use of the vapour bath will be highly advantageous.

The best formula to be employed, as a general medicine, is the following:—

Take of
Dandelion roots and leaves.....about three handfuls
Bay berry bark.....half ounce
Poplar bark .....one ounce
Boil one hour in
Water .....three pints
Strain and add
Cayenne .....one tea-spoonful
Pulverised curcuma, or the hydrastic canadensis.....two tea-spoonfuls

Mix thoroughly, and take about half a tea-cupful four times a day.

One pill at night of lobelia inflata, constituting pills No. 1, at the end of the volume, will, if nausea be not produced by it, prove of much service.

Should the bowels be costive, regulate them with pills No. 3, as desired under the head of indigestion.

The author having found it impossible to comprise in the regular number of pages, the whole of his treatment of liver complaint, has printed an extra quarter sheet, without making additional charge to the public.

JAUNDICE (ICTERUS).

DESCRIPTION.—Jaundice is derived from the French *jaunisse*, yellowness, of *jaune*, yellow; in medicine a disease consisting in a suffusion of the bile to the surface of the body, whereby the whole exterior habit is discoloured. There is also a species of this disease called the black jaundice.

CAUSES.—The immediate cause of the jaundice is an obstruction of the bile in its passage into the duodenum.

SYMPTOMS.—The jaundice first shows itself by a listlessness, and want of appetite; the patient becomes dull, oppressed, and generally costive. These symptoms have continued but a very short time, when a yellow colour begins to diffuse itself over the white of the eyes and nails of the fingers; the urine becomes high coloured with the yellowish sediment; the stools are whitish or grey; the patient's skin is dry, and he generally feels a kind of itching or pricking pain over the whole body. Sometimes the patient has a continual propensity to sleep, but in others there is too great watchfulness; and sometimes the pain is so great that the patient cannot sleep. The pain comes by fits. As the disease advances, the yellow colour becomes more and more deep; and even the internal membranes, the bones, and the brain itself, become tinged. All the secretions are affected with the yellow colour of the bile, which in this case is diffused throughout the whole mass of fluids; the saliva or spittle becomes yellow and bitter; the urine excessively high coloured, in such a manner as to appear almost

black; the blood itself is said sometimes to appear of a yellow colour when drawn from a vein. In process of time the blood begins to acquire a tendency to dissolution and putrefaction, which is known by the patient's colour changing from a deep yellow to a black or dark yellow colour. Hæmorrhages ensue from various parts of the body, and the patient frequently dies of an apoplexy; though in some the disease degenerates into an incurable dropsy.

TREATMENT.—As jaundice is merely a symptom arising from previous disease, it is to be overcome or removed by correcting the derangement of the general health; and though the following has been found the best formula in many cases, judgment should be exercised in accordance with the state of the patient, and choice of the several articles recommended.

Take of

Barberry bark ....half an ounce
Greater celandine (*Chelidonium Majus*) ....two drachms
Golden seal ... ...one drachm
Cayenne.....half a drachm
Water.....one pint

Simmer one hour, then strain and take half a wine-glassful to a wine-glassful, four times a day. Also take a lobelia pill night and morning, or three a day, if nausea is not thereby produced.

Injections of cayenne and barberry are employed several times a day by the Thompsonians, and are found particularly useful in this disorder, as they cause the bile to flow again into the intestines, where it belongs. If the stomach is much disordered it must be cleansed by an emetic.

Dr. Thompson, in treating of jaundice, says, "I have attended many cases of this kind, and never had any difficulty in effecting a cure. My method is to give No. 2, or the composition powders, to raise the internal heat, and No. 1 to cleanse

the stomach, and promote perspiration ; then give No. 4 to regulate the bile, and restore the digestive powers. If the complaint has been of long standing, and the system is much disordered, they must be carried through a regular course of medicine ; and repeat it as occasion may require, and at the same time give the bitters two or three times a day, until the appetite is good and digestion restored." Sometimes jaundice is occasioned by gall-stones being lodged in the gall-ducts, attended with violent paroxysms of pain in the right side, near the pit of the stomach, and continued straining efforts to vomit, the stomach, at the same time, forcibly rejecting anything that is swallowed. In a case of this kind the vapour bath must be applied ; and the system placed in a state of relaxation, by lobelia, administered by injections ; together with full and frequent doses of the third preparation of lobelia, until the symptoms are relieved. Gall-stones have been removed in many instances by the operation of emetics.

" Straining efforts to vomit, when the system is warmed by the vapour bath, or by the application of hot bricks wrapped in damp cloths, around the patient, and relaxed by the influence of lobelia, will form the surest means of removing obstructions either in the gall ducts or in the liver. A warm stimulating poultice applied to the pit of the stomach may relieve pain in the liver.

" Bitters, such as barberry, golden seal, and Thompson No. 4, put into hard cider, will be found good for the patient in many instances. Celandine, agrimony, blood root, hempseed, boiled in milk, besides many other articles and compounds, have been recommended as specific remedies for jaundice ; not one, however, can be relied upon. Although patients may recover from jaundice, under the use of celandine, hempseed, or some other of the reputed specifics, there is no evidence that the disorder would not have been removed sooner under the Thompsonian

treatment, after various other remedies and modes of treatment had been tried without success ; but I have yet to see the first cured by other treatment, after the Thompsonian practice, judiciously applied, has failed."—"Comfort's Botanic Practice."

Dr. A. Sherman states that tincture of blood-root is a remedy for the preceding complaint ; from ten to fifty drops, three or four times a day, in water or herb tea.

The following observations are from Dr. Graham :—

"The preceding means will generally succeed in curing jaundice, and are very safe ; but I have confidence in raw eggs, and if the patient prefers trying this simple remedy first, he cannot be said to act unwisely. The late Charles White, a surgeon of eminence and ability, at Manchester, held the use of raw eggs in great estimation, and makes the following sensible remarks on the subject, in his 'Treatise on the Management of Lying-in Women,' page 74, third edition, 1785 : 'It is not improbable that the temporary jaundice, to which women with child, new born infants, and even adults of both sexes are frequently subject, owes its origin to the stoppage of the mouth of the *ductus communis choledochus* (the duct which carries the bile into the intestines), by some tenacious gluten obstructing either totally or in part, the passage of the bile into the duodenum, and thereby occasions its return into the blood. The attention I have paid to jaundiced patients of both sexes, and every age, who have been frequently cured by taking raw eggs in cold spring water, has inclined me much to this opinion. My supposition is, that eggs act as a dissolvent of the gluten which obstructs the mouth of the duct, thereby opening a free passage for the bile into the duodenum. We know that yolks of eggs will destroy the tenacity of gums and resins, and render not only them, but also oils and natural balsams, miscible with water.

"'The first trial I had of this remedy was upon myself, about

fourteen years ago, when I had been afflicted with the jaundice many weeks, and was much reduced, no bile having for a long time passed into the intestines. When my skin was almost black, and after I had in vain taken large quantities of soap, madder, steel, rhubarb, and aloetic medicines, an officer of marines told me that if he might be allowed to prescribe, he would immediately cure me. I laughed at his proposal, when he told me that some years before, in the Mediterranean, he was troubled with the same disorder, to as great a degree as myself, and that after he had ineffectually tried all the remedies the surgeon of the ship could think of, a Spanish physician at Minorca had assured him that he could cure him in a few days by this simple prescription only: Two raw eggs, the whites as well as the yolks, to be taken every morning in a glass of water, fasting, with the addition of an egg every four hours during the day. That in three days after following this advice he began to perceive the bile in his stools, though none had appeared for many weeks before; that he immediately began to recover, and was very soon effectually cured. Upon considering the dissolvent property of the yolks of eggs, and that eggs must at least afford a nourishment totally void of acrimony, I began to entertain a more favourable opinion of the recipe.

"'I tried it, and found it had exactly the same effect which he had promised me. Though I was certain no bile had passed through me for six weeks before, upon taking the eggs only three days it began to flow, and in only one day more in as great a plenty as I could wish. I continued, however, to take them several months, and have never since had a return of the disorder. I have recommended the use of them to many persons under the same complaint, and have always had the satisfaction of finding their success, except in cases where the disorder was occasioned by a diseased liver, or by stones in the gall bladder.'"

HYPOCHONDRIA.

THIS disease is more than any other characterized by great depression of spirits, whims, and strange conceits, with obstinate and groundless apprehensions, capricious temper, and want of resolution in all undertakings. The whims that are sometimes entertained are so ludicrous that to be grave exceeds all power of countenance. One fancies himself swollen so big as not to be able to pass out of the door, another that he has shrunk away; one thinks again he is as heavy as lead and incapable of moving, while another says "he is too light to be trusted in the wind." Many are tormented with visionary notions of concealed disease, and despair of ever being cured.

"Greding gives an account of a medical practitioner, who applied to him for assistance, under an impression that his stomach was filled with frogs, which had been successively spawning ever since he had bathed, when a boy, in a pool in which he had perceived a few tadpoles. He had spent his life in trying to expel this imaginary evil, and had travelled to numerous places to consult the first physicians of the day upon his obstinate malady. It was in vain to attempt convincing him that the gurglings he heard were from extricated and erratic wind. He argued himself, says Greding, into a great passion in my presence, and asked me if I did not hear the frogs croak."

It not unfrequently happens that a rich and independent man firmly believes he must die of poverty, or in a workhouse; sometimes there is a sudden and irresistible desire to commit crime, upon which fact, persons in high life have been defended and excused when detected in petty theft, though we seldom hear of the disease being pleaded for the poor. The disorder may arise from a weak mind brooding long in retirement over some real calamity, inactivity having reduced the circulation,

and debilitated the brain and the whole nervous system; but it more frequently arises from a long protracted indigestion, or disease of the liver and bowels; and as these organs will be found to be disordered, arising from either cause here mentioned, the complaint should be treated precisely as prescribed for in these disorders; the only thing further to be recommended to raise the spirits, or tranquillise the nervous system, would be the addition of an ounce of valerian root, to be added to the bitter decoction, and the patient should be induced to enter into company, active labour, or exercise in the open air.

INFLAMMATION OF THE STOMACH.

DESCRIPTION.—This is an inflammation of the coat or coats of the stomach, characterised by fever, great anxiety, heat, pain over the region of the organ, increased when anything is taken into the stomach, hiccough, pulse small and hard, with great debility.

CAUSES.—Inflammation of the stomach is produced by acrid substances taken into the stomach, such as arsenic, antimony, mercury, &c., likewise by food or drink of an improper kind; drinking cold liquor when the body is heated. It may be brought on by inflammation of some of the neighbouring parts attacking the stomach, or a sudden check of perspiration from any cause.

SYMPTOMS.—Violent burning, heat, pain, and swelling are felt in the stomach, particularly after any liquor has been swallowed; hiccough, cold extremities, hard, quick, and tense pulse; pain which is produced by pressure. There is also great thirst; when anything is eaten or drank it produces great difficulty of breathing and swallowing; sometimes syncope and fits

will ensue. There is restlessness, with continual tossing of the body, and great prostration of strength.

TREATMENT.—As the welfare of the whole vital economy depends in a great measure upon the healthy condition of the stomach, we shall resort to active and energetic treatment in order to check the disease as speedily as possible. Hence it is proper to administer a Thompsonian *course of medicine*, which will not only cleanse the stomach, but counteract the morbid determination of blood to the organ, and by equalizing the circulation will immediately subdue inflammatory action.* After the course the patient should be kept in a gentle perspiration, and for this purpose a heated brick wrapped in a damp cloth may be placed at his feet, and a tea, made of the composition powder, and strained, be given in small but repeated doses ; or if this be not at hand, a tea of cayenne pepper and ginger, in equal proportions, rendered mucilaginous by the addition of linseed, Iceland moss, or comfrey. The same should also be applied as an injection into the bowels. The region of the stomach should be rubbed frequently with Thompson's No. 6, or pepper sauce and flannels, or poultices applied to it.

All acrimonious and irritating food and drink are carefully to be avoided. The weakness of the patient may deceive the bystanders, and induce them to give him wines, spirits, or other cordials ; but these never fail to increase the disease, and may occasion sudden death. The food must be light, thin, cool, and easy of digestion ; it must be given in small quantities, and should neither be quite cold nor too hot. Thin Indian meal gruel has a charming effect in this complaint ; light toasted bread dissolved in cold water, or very weak chicken broth are proper. The drink should be clear whey, barley water, in which toasted bread has been boiled, or decoc-

* See directions for a course of medicine.

tions of mucilaginous vegetables, as marsh mallows and slippery elm or linseed tea. Some idea may be given of the extent of injury inflicted on the constitution, through the errors of the common practice, by the following quotation from Dr. Graham, whose treatment is generally of the milder kind. "There is no case of inflammation in which bleeding is carried to a greater extent than in that of the stomach. Recourse must be had to it immediately the disease begins to show itself, and if the symptoms do not yield, it must be carried as far as the habit will bear. And so far from only letting blood when the pulse is full and strong, the *smaller and weaker* it is, generally speaking, the more necessary does copious and early blood letting become. After a large quantity of blood has been taken away, the inflammation will suddenly disappear, but we must be prepared for a recurrence of the disease, which to a greater or less extent almost always happens."* The gentle prescription is followed with the administration of calomel and opium, blisters and clysters. If a patient recovers from the poison and torture, it is but to drag his ruined frame over a few weeks to the tomb, which effectually hides the murder, scientifically, fashionably, and legally committed; on which to comment further would be an insult to common sense.

HEARTBURN.

DESCRIPTION.—This disease is an uneasy sensation about the part called the pit of the stomach; it is attended with

* Should an inquest sit upon the body after this treatment, the verdict, by the direction of the medical coroner, is sure to be, "Died by the

great anxiety, difficulty of breathing, want of strength, inquietude, vomiting, coldness, and trembling of the extremities. Those whose stomachs abound with acid, or with bilious disorders, are the most subject to this complaint.

CAUSES.—The causes are various, as wind, acid, and other acrimonious humours in the stomach; it may arise from debility of that organ, or a loss of its mucus; worms, and frequently spicy and pungent food, and transition of rheumatism or gouty humours to the stomach, or an ulcer in any part of it. It may be occasioned by fat meats, especially if cold liquors be drank too soon after. If it proceeds from bilious matter, it is attended with bitter and nauseous eructations or belchings, as well as by a yellow or greenish discharge by vomiting, collections of blood from the region of the stomach, plethora, or spasms.

TREATMENT.—Where the complaint appears to proceed from acidity, or sourness of the stomach, with belching, heat, pain, &c., use the combination of tonic bitters as directed in page 93. Should this fail to remove the disease (which is rarely the case), a mild *emetic* may be given, succeeded by a purgative. If it proceeds from wind, give a wine-glassful of the infusion of spearmint, commonly called spearmint tea, as in page 161.

The food should be such as is very easy of digestion.

CRAMP IN THE STOMACH.

DESCRIPTION.—This is a violent and painful disease, ge-

visitation of God," instead of the truth, "Died by the visitation of the doctor," which in nine cases out of ten is the fact.

nerally attacking persons very suddenly, and is extremely dangerous. Weakly and nervous constitutions are the most liable to it. It may arise from acrid matter, or from a check of perspiration.

TREATMENT.—Friction should be immediately employed over the region of the stomach, and continued until a preternatural degree of heat is produced, and the pain subsides. Should this, however, prove ineffectual, half a tea-spoonful of cayenne pepper may be given in half a tumbler of water or tea; at the same time let spearmint or peppermint tea be given, or, as a substitute, any common herb tea. The feet must also be bathed in warm water, and red pepper and spirits be applied hot over the region of the stomach. Should this fail to afford relief, apply a heated brick covered with a towel, and steeped in vinegar, to the breast, as hot as can be borne. This also has removed a severe cramp, or pain, in the stomach, when other means have failed. The person attacked may also take a tea-spoonful of the nerve, or composition powder, page 96, to be repeated every fifteen minutes till relief is obtained. Or, the remedies recommended in inflammation of the stomach. The vapour bath might also be applied, if necessary.

I have found the meadow sweet (*spiræa ulmaria*) to act with immediate control over the cramp in the stomach, either as a strong tea made of the leaves, or a drachm of the pulverised root or seed. Any of the above plans may be usefully combined with it. Or

Take of

Pulverized seed or root	half a drachm
Tincture of myrrh.....	one drachm
Cayenne.....	half a tea-spoonful

This is for a dose, which may be repeated every half hour

until all pain subsides. If the patient be also subject to flatulency or wind in the stomach, the tincture of assafœtida should be employed in the same proportion, in the place of myrrh. This prescription should be kept ready, should the patient be subject to the disorder.

ACIDITY OF THE STOMACH.

This is generally caused by the presence of rich food and fatty matter, in a weak debilitated stomach. When the system has been impaired by excesses, or mineral treatment, it is a common practice to use alkalies, such as pearl-ash and sal æratus, but these weaken the organ, and at best only afford temporary relief. The same may be said of carbonate of soda, and for this symptom of disorder there is scarcely any medicine so commonly used.

Dr. Graham, speaking of this, condemns the practice, and says, "Indeed, if we may judge from the frequency with which we witness professional men prescribe carbonate of soda, we must regard it as a most valuable remedy; this I formerly thought, but closer observation, and greater experience of the operation of medicines, fully convinced me that *this is a great mistake*, and that there are few medicines frequently employed which are more debilitating to the stomach, and through it, to the whole frame." A more sanitary anti-acid than any of the former, and which may be beneficially employed in this complaint, is lime water made thus:—Take of fresh burnt lime two ounces, put it in an earthen vessel and pour on half a gallon of cold water; stir it well up; then allow it to settle about three hours, and strain. The dose of lime water for an adult is from two to four ounces. It should be combined with equal

portions of milk, and the dose be repeated three or four times a day. Should this fail to give relief, let the patient take a lobelia emetic, and resort to the prescription given for indigestion.

VOMITING (EMESIS).

It is sometimes the case that persons are taken with vomiting without any apparent cause, and when it does not proceed from other complaints, or, in other words, it is not a symptomatic disease. The stomach, from various causes, becomes irritable, and everything taken into it is ejected: when this is the case, and it does not apparently proceed from particular disease, our attention must be directed exclusively to the symptom of vomiting.

An infusion of spearmint, made with two drachms of the dried plant, to half a pint of hot water, and taken as a dose, is frequently very efficacious. It may be repeated as often as is necessary. A strong infusion of cloves seldom fails to stop vomiting. Half an ounce is to be put to a pint and a quarter of boiling water, and macerated for two hours. The dose is three table-spoonfuls three or four times a day.

When the above means prove ineffectual, which is scarcely probable, recourse must be had to the vapour bath, or the application of heated bricks, wrapped in damp cloths, to the feet and sides of the patient, administering cayenne tea, or pepper sauce in table-spoonful doses. By this treatment the circulation is equalized, and the vomiting and irritation of the stomach subside. The above medicine may be used simultaneously with the bath. The article termed pepper sauce may be obtained of most druggists. It is made of the West India

bird peppers, which are collected when green, and packed in barrels, with salt sufficient to preserve them. When they arrive in this country they are taken from the brine, put into bottles, and covered with good cider vinegar, which constitutes the pepper sauce. If the peppers are of a good quality, and have been well preserved, vinegar may be applied to them a number of times before their strength will be exhausted.

COLIC (COLICA).

DESCRIPTION.—Colic is characterized by great pain in the bowels, seated principally in the umbilical region, and extending to the stomach, accompanied with nausea, retching or vomiting, and often a spasmodic contraction of the muscles of the abdomen, or belly, attended with griping and twisting sensations, from which pressure on the bowels affords some relief, and which distinguishes it from inflammation of the bowels.

Colic is divided into several kinds, by most medical writers, as

FLATULENT COLIC.—When there is costiveness, griping in the bowels, a rumbling noise, distention of the stomach, pain severe, with an inclination to vomit, &c.

HYSTERIC COLIC.—When there is nausea and sickness at the stomach, severe spasms, costiveness, and dejection of spirits, &c.

BILIOUS COLIC.—When there is a bitter taste in the mouth, thirst, febrile heat, a vomiting of bilious matter, and costiveness.

PAINTER'S COLIC.—Occasioned by the absorption of lead, to which painters, glaziers, potters, and miners are most subject.

This disease is called colic, from its being more directly seated in the intestine, called the colon, than any other.

CAUSES.—The disease is produced by various causes, such as crude and acescent food, wind, a redundance of acrid bile, long continued costiveness, hardened fæces, certain metallic poisons, derangement of the stomach, recession of gout or rheumatism, hysteria, the application of cold and moisture, worms in the intestines, and from swallowing poisonous substances, as lead, mercury, and other pernicious mineral medicines.

In all cases there is evidently an irritating matter in the alimentary canal, which produces a spasmodic contraction of the intestines and abdominal muscles, and sometimes violent inflammation, coldness of the extremities, distention of the stomach by a collection of wind, vomiting, obstinate costiveness, and sometimes an evacuation of fæces by the mouth (a very disagreeable and distressing symptom), called the iliac passion. The pain changes its situation, and is not confined particularly to one spot. The faculty have divided and named the disease, multiplying the species, and formed them into several genera; but for the public, sufficient description is here given to distinguish it from any other complaint, more especially as one sanatory mode of treatment is given that will in all cases prove efficient.

FLATULENT COLIC.—When not dependent upon deep seated disease, is generally cured by the new system with very little difficulty, by first expelling the wind, and removing the constipation of the bowels, by a mild laxative, such as senna, manna, rhubarb, or pill No. 3, with half a tea-spoonful of composition powder, or, if not at hand, even with equal portions of cayenne and ground ginger, given in a cup of spear, or peppermint tea every hour, till the wind is expelled and relief obtained. I have seen all the first symptoms cured by cayenne alone.

DYSENTERY (DYSENTERIA).

DESCRIPTION.—This is an affection or inflammation of the alimentary canal, characterized usually by nausea, pain, fever, tenesmus, with fetid or bloody evacuations; it is also known by the name of bloody flux.

CAUSES.—Whatever has a tendency to obstruct perspiration may give rise to this complaint. Morbid humours are retained in the circulation, mixed with the blood, and thrown upon the intestines, causing irritation, inflammation, and all the phenomena of the disease. Unwholesome diet, unripe fruit, damp beds, wet clothes, &c. It often proves fatal in the army and navy to a great extent.* Sudden changes of weather, with humid or moist air, may act as a predisposing cause of the disease.

PROXIMATE CAUSE.—It would appear that the immediate exciting cause of the dysentery is a peculiar acid, the same as in the cholera morbus, which is secreted by the liver, and which corrodes and irritates the mucus membrane of the intestines, as nitric, or other acids, so frequently and injuriously employed in the old practice of medicine.

SYMPTOMS.—An attack of dysentery is sometimes preceded by a loss of appetite, costiveness, flatulence, sickness of the

* The old school practice having no settled, or specific treatment for the disease, they salivate and bleed their patients to death, or let men die while they dispute; from these causes it has frequently happened that more men in a campaign have been lost by the doctors than have fallen in the field, and the consequence of their ignorance is as great during its prevalence in all large towns. It was the most destructive power against the British army in Holland, in 1748, and in the Peninsula, under the command of the Duke of Wellington.

stomach, and a slight vomiting, and comes on with chills, succeeded by heat in the skin, and frequency of the pulse. These symptoms are in general the forerunners of the griping and increased evacuations which afterwards occur. When the inflammation begins to occupy the lower part of the intestinal tube, the stools become more frequent and less abundant; and in passing through the inflamed parts they occasion great pain, so that every evacuation is preceded by a severe griping, as also a rumbling noise. The evacuations vary both in colour and consistence, being sometimes composed of frothy mucus streaked with blood, and at other times of an acrid watery humour, like the washings of meat, and with a very fetid smell. Sometimes pure blood is voided; now and then lumps of coagulated mucus, resembling bits of cheese, are to be observed in the evacuations, and in some instances a quantity of purulent matter is passed. Frequently the discharge consists merely of mucus, without any appearance of blood. While the stools consist of these various matters, and are voided frequently, it is seldom that we can perceive any natural fæces among them; and when we do, they appear in small hard balls, which being passed, the patient experiences some temporary relief from the griping and tenesmus. From the violent efforts which are made to discharge the irritating matters, a portion of the gut is sometimes forced beyond the rectum, which in the progress of the disease, proves a troublesome and distressing symptom; as does likewise the tenesmus, there being a constant inclination to go to stool, without the ability of voiding anything, except perhaps a little mucus. More or less fever usually attends it, with the symptoms which have been described, throughout the whole of the disease, where it is inclined to terminate fatally; and is either of an inflammatory or putrid tendency. In other cases the febrile state wholly disappears after a time, while the proper dysenteric

symptoms probably will be of long continuance; hence the distinction of acute and chronic dysentery.

TREATMENT.—The Thompsonian course of medicine fulfils all the necessary indications for the cure of dysentery. The course should be repeated daily in bad cases.

Dr. Thompson, in his narrative, makes mention of a malignant form of dysentery which prevailed in the town of Jericho in 1807, where, out of twenty cases under the treatment of the medical faculty, but two recovered. The inhabitants became alarmed and sent an express for Dr. Thompson, who began to treat the disease according to his system of practise, and of thirty cases which came under his treatment, all except two recovered. "I had," says the doctor, "but little medicine with me, and had to make use of such as I could procure at this place. I found the cause of this disease to be coldness and canker; the digestive powers being lost, the stomach became clogged, so that it would not hold the heat. I made use of red peppers, steeped in a tea of summer berries, and sometimes the bark and berries, to raise the heat, and clear off canker, which had the desired effect. After taking this tea, those who were strong enough I placed over a steam as long as they could bear it, and then put them to bed. Those who were too weak to stand, I contrived to have set over the steam, and this repeated as occasion required." To restore digestion, the doctor made use of a syrup made of black birch bark, and cherry stones bruised.

The composition powder, rubbed with a little sugar, and then adding sufficient lukewarm water to make it easy to swallow, will prove more effectual than the tea of composition

When the patient is not very irritable, and the tongue thickly coated and not very dry, the following preparation will prove highly beneficial, given every hour or two, namely, take two tea-spoonfuls of No. 6, one tea-spoonful of bayberry powder,

and one tea-spoonful of sugar. Mix these well, and if too thick to swallow, add a little warm water.

The vapour bath is singularly beneficial in dysentery, and may be frequently administered, and will afford much relief to the patient. After the bath, and when the patient is rubbed dry, apply stimulating ointment, the third preparation of lobelia, or No. 6, over the surface. In less severe attacks of this disease and in all cases of the chronic form, even of one or two years' continuance, I have EVER been successful in curing it by the following prescription :—

Take
Raspberry leaves.....two good handfuls
Boil one hour in
Water .....one quart
Strain and add
Pulverised tormentil root.....one drachm
Gum catechu .....three grains
Tincture of myrrh.....one drachm
Cayenne pepper .....one tea-spoonful

Dose, from a table-spoonful to half a wine-glassful four times a day.

Pill No. 1, at night and morning. All the astringents of Thompson, found in No. 3, are proper in this disorder ; but this perhaps is most common, and one of the best to be found in England. Common allspice, nutmegs, and cloves, are all highly beneficial to mix in the food or physic during this disorder.

It is necessary, also, in almost every stage of the complaint, to keep up a gentle perspiration, or moisture of the skin. As the disease is sometimes occasioned by translations of morbific matter to the intestines, means must be used to throw them off by the excretion of the skin. For this purpose let teas be frequently given made of angelica, raspberry leaves,

and ginger, and a hot brick, wrapped in cloth wet with vinegar, be put to the feet. As soon as the cutaneous vessels have become thus stimulated, a portion of the morbific agents are translated from the mucous membrane of the intestines, and expelled through this medium. Copious perspiration, however, is not called for in the complaint; a general and uniform moisture of the skin is all that is required. When the pain is located more especially in one particular part, or where there is very great distress accompanying the disease, fomentations will be found a valuable auxiliary.

The following may be applied: Take hops, tansey, and horehound, a handful of each; boil in vinegar, enclose in a flannel bag, and apply to the abdomen, or belly; to be often renewed. They divert the humours from the intestines to the surface, and assist to remove pain, spasm, tension, &c.

"In protracted and unusually obstinate cases, a syrup made of the blackberry root may be used. It has effected a cure when all other means have proved unavailing."—Dr. Beach.

Regimen.—Good nursing in this, as well as in other diseases, is very important. The excrements should be immediately removed, and buried under ground. Change the clothes often, and admit fresh air into the room. Great attention to diet. The following is good: Take a table-spoonful of wheat flour, and add cold water sufficient to moisten it; then add one pint of milk, boil for fifteen or twenty minutes, remove from the fire, sprinkle in a small quantity of cinnamon, and sweeten with loaf sugar; let it be taken in moderate quantities through the day.

Cold water, with wheat bread well toasted put into it, makes a very good drink. The best diet in dysentery and bowel complaints is rice (the flour of it, if it can be procured), to be scalded in water, and then boiled in milk.

Common practice: Iron, calomel, opium, salts, subnitrate of bismuth, &c.

SUMMER COMPLAINT, OR LOOSENESS (DIARRHŒA).

DESCRIPTION.—This disease is characterized by frequent discharges from the bowels, with a pressing down, or disposition to evacuate their contents. It is attended with more or less griping, but generally without much fever.

CAUSES.—Whatever increases the action of the intestines may produce the disease; but probably, the most common of all, is unripe fruits, and too great quantities of any kind; also retained perspiration, and vitiated agents or humours, which not being expelled by the skin, are thrown upon the liver and and mucous membrane, causing a vitiated and unhealthy secre tion of bile and mucus.

SYMPTOMS.—In diarrhœa each discharge is usually preceded by a murmuring noise and flatulence in the intestines, together with a sense of weight and uneasiness in the lower part of the bowels. The appearance of the stools is various; sometimes they are thinner than natural, from the admixture of a larger quantity of fluid, poured out by the exhalents of the intestines than common; sometimes slimy and green when first discharged, and are of a dark brown colour, and very fetid. As the disease advances, the stomach becomes affected, and sickness, nausea, and vomiting occasionally prevail; the countenance turns pale, and the skin is dry and rigid. If it continues for any length of time, universal emaciation, dropsy of the lower extremities, and relaxation of every part ensue, together with a great loss of strength.

"Diarrhœa, dysentery, and cholera morbus, may arise from the same cause or combination of causes, all of which can be cured by the same remedies. The distinguishing signs between diarrhœa and dysentery: In diarrhœa, the bowels

are in a relaxed condition, with copious evacuations, consisting chiefly of imperfectly digested food, and generally free from blood or mucus. In dysentery the bowels are costive, the natural fæces retained, and the stools consist principally of blood and mucus, small in quantity, and the disease is attended with severe griping, and a frequent inclination to go to stool.

TREATMENT OF DIARRHŒA.—In slight cases, a few doses of composition, or bayberry tea, with the addition of No. 6, will in general check the disorder, and correct the digestion. A variety of other remedies may be used for this complaint, such as cholera syrup, Thompson's No. 5 syrup, lavender brandy, burnt brandy and loaf sugar, chalk mixture, lime water, and purified charcoal.

"DIET.—Especial attention to diet is necessary in all cases of bowel complaints. In general milk porridge well prepared by first browning the meal over the fire, will agree with the stomach, and in some cases will check the disorder, by confining the diet to it alone, or with the addition of stale bread cut thin and toasted thoroughly.

"Boiled rice and milk, Bermuda arrow root, elm gruel, sago, tapioca, fresh eggs slightly cooked, essence of beef, boiled chicken, crust coffee, and Irish moss, are such articles as are generally adapted to cases of diarrhœa. Rice scorched, ground, and made into coffee, sometimes proves of itself a remedy for this complaint."—"Comfort's Thompsonian Practice."

"The following syrup, or cordial, is excellent for bowel complaints, particularly chronic, or of long standing, of children and adults: Take two quarts of ripe *blackberries*, add one pound of loaf sugar, half an ounce of nutmeg, half an ounce of cinnamon, one quarter of an ounce of cloves, and one quarter of an ounce of allspice; boil all together for a short time, and,

when cold, add one pint of imported French brandy.* After standing for a few days in a close vessel, or bottle, it may be strained. This makes a very rich, pleasant, and efficacious syrup, and may be given after the bowels have been well cleansed. Dose, from a tea-spoonful to a wine-glassful, according to age, three or four times a day. How much better this than mercury!"—"Dr. Beach's Reformed Practice."

For a general prescription for this complaint, I believe none can excel the one given for dysentery. (See Dysentery, p. 168.)

CHOLERA MORBUS.

THE cholera morbus generally comes on very suddenly. It usually commences with nausea, and pain in the stomach, followed by severe griping and distress in the abdomen. These symptoms are immediately succeeded by vomiting and purging, which generally continue in paroxysms until great prostration follows. The stools are at first thin and watery, and generally tinged with bile. After the disease has continued

*The author takes this opportunity to observe, that being an advocate for the total abstinence from all intoxicating drinks, he also disapproves of the administration of alcohol in medicine; but when he has occasion to quote the prescriptions of others, he is bound to give them entire. He is aware that it will be maintained by some, that spirits are absolutely indispensable. That vegetable extracts will not keep without them; this may be true in many cases, and also that many of the gums, such as assafœtida and the invaluable myrrh, cannot be dissolved and introduced in a liquid form, into vegetable preparations without alcohol. But even these facts do not compel us to administer it: for when these gums and extracts are once mixed, or compounded, the spirit can be drained off by a slight heat before the compound, or draught, is taken by the patient, and thus the scruples of all parties may be satisfied without in the least reducing the efficacy of the prescription.

for a short time, the evacuations are very bilious. As the disease advances, the vomiting, retching, purging, and pain are severe and incessant. The peculiar feature of the complaint is a spasmodic affection of the abdominal muscles and extremities. The person is drawn up on every attack, or in every paroxysm, often causing him to scream aloud with dreadful agony. The thirst is usually very great, but almost every liquid taken into the stomach is immediately ejected. As the disease progresses the pulse becomes small, feeble, and intermitting; there is coldness of the extremities, countenance pallid and expressive of great distress, a cold sweat breaks out, and great prostration follows.

Cholera morbus is a very common and dangerous disease, often proving fatal in twenty-four hours, and the malignant type of it in a few hours.

Treatment for the milder form of this disorder: Apply the prescription and practice recommended in dysentery. For the more severe symptoms, use the vapour bath, and carry the patient through a full Thompsonian course. (As in Asiatic cholera.)

ASIATIC, OR INDIAN CHOLERA.

The malignant Asiatic cholera, which a few years since swept off so many thousands, sometimes suddenly attacks people in good health, without any notice of its approach. It appears to be only an aggravation of the common cholera, or a more malignant type of the same.

At first the patient is usually affected with nausea, or pain of the bowels, or pains and cramps in the legs, but very often there is no warning at all. The patient is seized with spasmodic pain in the bowels, sickness, and purging, in which the discharges become peculiar, not natural, or bilious, but as it has usually been described, like *rice water;* and so

rapid is the advance of the disease that a person may rise in health, and may die before noon. This terrible disease is soon confirmed, leaving no doubt concerning what is the matter; the countenance soon becomes so altered that all the features of the face contract and shrink, the eyes are sunk in the head, with a dark circle around them, the lips are blue, the heat and pain of the stomach are extreme, yet the skin is cold and livid, covered with a cold perspiration, it loses its sensibility, so that blisters when applied will not rise, yet the spasms of the patient are dreadful, beginning like cramp in the feet; the sudden attacks of pain run up the legs and arms, as though they were breaking, to the trunk and midriff, which contract in violent spasms; at the approach of death these spasms leave, the action of the heart, pulse, and organs of respiration rapidly diminish, the system loses all power to retain the heat, the blood thickens, the course of the larger veins are black and marked, even the tongue is cold, a greater cold and dampness is on the skin, the eyes become glazed, presenting a ghastly image of death; yet the patient often continues sensible until life is quite extinguished.

This dreadful disease is recorded to have first made its appearance in Hindostan, in 1817, from whence it spread over Arabia, Persia, Russia, Poland and Germany, and arrived in England in 1831 and 1832. The awful ravages it then committed must be fresh in the recollection of many at the present time, and also the long-winded controversies and fierce contentions, between the members of the faculty in the public prints at the time, disputing while people were dying, not only as to whether the disease was, or was not, infectious or contagious, but as to what should be the proper mode of treatment; powerfully illustrating the old adage, "that when certain characters fall out, honest men hear the truth." Upon this memorable occasion, they betrayed in their quarrels the total absence of

all *rational principle* in their theory of disease, presenting in the opposite extremes of the prescriptions administered, their cruel experiments and almost universal failure. They exhibited, in fact, a mass of contradiction and absurdity, that ought to have opened the eyes of the poor gulled public to the heap of error and ignorance to which they had legally to trust their lives, and to have roused them against the attack of the powerful enemy who was spreading terror and death all around them. Many startling passages from the epistles which, in the newspapers of that period, unblushingly met the front of day, might be quoted in proof. But it is shorter, and some relief, to turn to the confession of one honest man, Dr. Elliotson, who said, "with respect to the treatment, we had better say nothing about it; it is my private opinion that no good has been done; the mortality has not been diminished by any of the measures hitherto adopted." So that the parish, corporation authorities, also the whole of the public, paid the doctors thousands of pounds, and received no protection or benefit whatever for the vast sums they gave to this legal and respectable fraud. But this was not altogether the case in America. There the Thompsonian system was making its way; there the old and new modes of practice were brought into contrast, and perhaps never in the history of our race was the simple truth of a theory better made known by its fruits, or error better exposed by the mischief it committed, for the American doctors went "more-a-head" into the extremes of bleeding and poisoning, and signally failed by killing more patients than those in England, and they became, in many instances, so alarmed for themselves that they fled the town, leaving the people entirely in the hands of the Thompsonians, who lost not a single patient, when the disease was taken in time. Some of the experiments of the faculty, as they are by themselves recorded, are truly barbarous and re-

volting. Such as giving ten grains of calomel* every hour, applying boiling water to the belly, the application of ice, searing the back with hot irons, &c. One practitioner, writing to an official, said, "I have drawn as much blood as would float the president, and given as much calomel as would freight her, and yet they die." How surprising, after so much zeal to save them!

Dr. Mattson, in his improved "Guide to Health,"† says, "I heard professor Hayward state to his class, that he had injected three pints of preparation of soda into the veins of a cholera patient at one time, and three gallons within the space of three hours: but he acknowledged that this treatment always proved fatal, or rather, that patients invariably died."

"When the disease prevailed in Boston, the consulting physicians of the city having been requested by the mayor and aldermen, to prepare some instructions for the relief of persons attacked, until medical advice could be obtained, they recommended *two hundred drops of laudanum to be taken in hot brandy and water in the course of an hour, and the application of a mustard poultice over the whole surface of the bowels;* a purgative was also to be administered. Such was the treatment to be pursued previous to the arrival of a physician, who, in the language of Dr. Drake, generally came in time to order a ——————coffin for the unfortunate patient."

Now it is apparent, to every person of reflection, that the *laudanum*, *brandy*, *mustard poultice*, and *purgative*, as recommended by the Boston physicians, would be sufficient, in many instances, to destroy a person in health, and it need not excite our wonder, therefore, that these pernicious agents should have proved fatal to those who were suffering from an attack of cholera.

* "Boston Medical Surgical Journal," vol. 9, p. 122; "Thompsonian Recorder," vol. 2, p. 386.

† On the Thompsonian System.

CHOLERA.

AMONGST all the diseases we shall have to describe, perhaps there is none that so strongly exhibits and proves the truth of the Thompsonian theory, that "life depends upon heat," a diminution of which is disease, and its absence, death; for whatever may be the real cause amongst all the various causes assigned for this disease, such as atmospheric changes, miasma, &c., one fact, of all others, is most certain, that an attack of the disorder is always attended by a great and rapid loss of animal heat, on the restoration of which depends the success of any treatment, and subsequent fate of the patient; and whatever article be chosen to check the diarrhœa, remove obstructions, and restore circulation, this one fact must never for a moment be lost sight of.

As this disease is so rapid in its progress, the first simple stimulant at hand may be given, such as pepper or ginger, with any of the astringents of No. 3, or grated oak-galls, roasted acorns powdered, or antispasmodic tincture. No. 6 should be administered while other articles are in preparation. No time should be lost in preparing the vapour bath, the heat of which should be increased as high as the patient is able to bear it without fainting, which he will be the better able to sustain, from the stimulating teas, which may be made thus:—

Take of
- Angelica and raspberry leaves.....two good handfuls
- Add of cayenne.....a level tea-spoonful
- Ground ginger .....ditto
- Cinnamon and cloves .....half a drachm

Boil the whole in
- Water.....one pint

To be strained and sweetened with sugar, and given as frequently as possible, till general warmth and circulation are restored.

Should this not be effected speedily by the above tea, give the same, reduced to one half its strength of cayenne, as an injection into the bowels, first straining it through a piece of linen; but if time will allow a preference, give the following:—Half a pint of strong decoction of green oak-bark, poured boiling hot over half a tea-spoonful of cayenne and half a tea-spoonful of lobelia; add two tea-spoonfuls of the simple tincture of myrrh; let this be cooled down to blood heat; before it is injected care should be taken that the pipe of the syringe is smeared with hog's lard, tallow, or sweet oil. In restoring the general warmth, injections are much relied on by all Thompsonian writers. They are thus spoken of by Dr. Thompson: "Whatever is good to cure disease, when taken into the stomach, is likewise good for the same purpose given by injections, as the grand object is to warm the bowels, and remove the canker. In all cases of dysentery, cold, piles, and other complaints, where the bowels are badly affected, injections should not be neglected; they are perfectly safe in all cases, and better that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when all other means would fail."

If the patient is in a collapsed state, two or three tea-spoonfuls of the antispasmodic tincture, No. 6, should be added to each tea-cupful of cayenne and raspberry leaf tea, more especially if spasms be present. The heat of the vapour bath should be increased gradually in proportion as it can be borne by the patient, wetting his face and breast occasionally with cold vinegar and water, if there are any signs of fainting. As soon as perspiration ensues, an emetic should be administered, and repeated the following day. The treatment should be followed up by administering the general prescription given for dysentery, with which may be usefully combined any of the articles

mentioned as astringents. Mucilaginous articles, such as comfrey, gum-arabic, and poplar bark, are also useful for their soothing and healing properties on the stomach and bowels, the lining membranes of which are much irritated in this disorder. After all purging and pain is subdued, restore digestion with the tonic bitters, spiced bitters, or No. 5 syrup. The diet should be as recommended in diarrhœa. Salt should be added to the food, as this is an important article to most patients recovering from sickness, and those recovering from cholera generally have a craving for salt food.*

Many patients have a great aversion to cayenne pepper taken in either form, on account of its pungency: but in an extreme case, such as an attack of cholera, it must be persevered with, and the dose should be increased as much as it is possible to bear. Dr. Mattson informs us that cayenne pepper alone has cured some aggravated cases of cholera; one case he relates of a captain of a western steam-boat, who was attacked suddenly with the disease, during its prevalence in America, in 1832, and in half an hour was deathly cold, scarcely able to speak, and almost without pulsation at the wrist; half a tumblerful of pepper sauce was administered, and repeated in a short time, the pulse soon became perceptible, the extremities manifested a glow of returning warmth, the haggard visage became placid and serene, and without further treatment the patient speedily recovered.

CHOLERA INFANTUM.

INFANTILE cholera, or diarrhœa, is a complaint having all the

* "Thompsonian Recorder," November 3rd, 1832, Columbus, Ohio.

symptoms of adult diarrhœa, and arises from similar causes. Though in many instances it is rapid in its course in infants, in general it is more protracted, and more often becomes chronic than that of adults; the belly is then swollen, and hot, while the limbs are wasted, cool and flaccid, the discharge from the bowels is green and acrid, the child dozes with its eyes half closed, and rolls its head when awake, the face is shrunken and pallid, and the lips are blue. The Thompsonians recommend the same general treatment as that for adults, which I have no doubt is effective, though to give cayenne will appear very severe; but we are certain it cannot be injurious, and therefore must be resorted to in extreme cases. I have never failed to cure this disorder in infants, both in its acute and chronic form, when the faculty, at the infirmaries, would give nothing but their sentence of death.

I have succeeded by the following simple preparation: Take of raspberry leaves, angelica, and valerian roots, a good handful each, boil for an hour in a pint of water, strain and add of pulverized gum myrrh, two tea-spoonfuls. Give two tea-spoonfuls every two hours, and the warm bath from five to ten minutes at a time twice a day. While in the second give an emetic thus: Steep a tea-spoonful of fine pulverized lobelia seed, in half a tea-cupful of hot raspberry leaf tea, sweetened with honey, and well mixed; give a tea-spoonful of this every five or seven minutes, till full and free vomiting is produced; after the emetic, the medicine should be continued as before, adding a little spearmint to the other articles, composing the tea and tormentil root, should the relax be found obstinate. If the abdomen be much swollen, it should occasionally be rubbed with a weak solution of vinegar and mustard, upon removal from the bath, followed by an application of warm flannel. Injections are highly serviceable to the infant, as to the adult, in this disorder, and will aid in reducing the diarrhœa, and swelled state of the

bowels; but they must, like the doses of medicine, be modified to suit the age of the patient, for which purpose take of penny-royal and comfrey, make a strong tea, strain off and add ten drops of tincture of myrrh to one ounce of tea, for an injection. Sometimes the dysentery syrup, given in doses of half a tea-spoonful, and repeated every hour, will arrest the discharges, and frequently be found sufficient to cure the chronic form of the disorder.

INFLAMMATION OF THE BOWELS
(ENTERITIS.)

This disease, which is highly characterised by fever and fixed pain in the abdomen, accompanied with vomiting, is generally occasioned by long continued costiveness, eating unripe fruit, exposure to cold, &c. The symptoms much resemble those of colic, and should be met with similar treatment, namely, a full course of medicine, the vapour bath, and an emetic, which should be immediately administered. The injections should be given with a view to relieve the bowels as soon as possible, for which purpose we may use senna tea, sweetened with treacle, and combined like that given in colic (see colic, page 164). Should not this treatment arrest the complaint in a short time, the following fomentation may be applied: Take tansey, wormwood and hops, or camomile, boil all in vinegar and water, then enclose in a cloth or bag, and apply to the abdomen, changing them often.

Common practice: Copious bleeding, mercury, opium, castor and croton oil.

COSTIVENESS (CONSTIPATIO).

THIS is a certain state of the bowels which may be either constitutional or symptomatic; generally the latter. There is a retention of the excrements, with hardness and dryness of the evacuations, which are often difficult, and sometimes painful. Persons of sedentary habits are very liable to this complaint, especially those of a nervous or choleric temperament; or who are subject to disease of the liver or spleen. With the defect of stools there generally exists either nausea, want of appetite, flatulency, pains in the head, or a degree of feverish heat.

There is, perhaps, no other complaint for which people take the liberty of prescribing for themselves so much as that of costiveness; and perhaps there is none which they more frequently fail to remedy, or more often increase and establish, by the very means taken to cure it, the medicine employed for the purpose chiefly consisting of drastic purges; and purging being but a forcing of nature, a violation of the functions of the bowels, in which the nerves connected with the peristaltic motion become more and more weakened every time purging is resorted to, at last inducing an indolent action or actual prostration;—or else nature, in self defence, sets up a powerful astringent re-action, producing much greater costiveness than before, and thus it is in this complaint. Hundreds have in vain taken all the nostrums advertised, while druggists have gained a good living by the penny spent by the people in salts, senna, jalap, aloes, rhubarb, magnesia, blue pill, and all the simples known to move for a time that unmanageable part of themselves—the bowels. But if the people have erred in this it can be no wonder, taking their example and advice from the faculty, who employ the same, and frequently rely upon more dangerous means.

Poisonous drugs given in other diseases, by weakening the bowels, leave this habit upon the system. The cause may also arise from excess in eating and drinking, not only of spirituous liquors, but of tea and coffee, the use of bread made of superfine flour, especially if adulterated with alum—a common practice with bakers, to whiten their bread. Hence in this disorder it will be found highly beneficial to abandon this, for brown bread, or bread made with unbolted wheat, which will frequently regulate the bowels without the use of physic.

I will here state that in my treatment of disease, for the reasons given before, I never employ an active purge, but at the same time always endeavour to induce a natural stool by regularity of the bowels. In order to effect this I have never directed the remedy for costiveness wholly and directly to the bowels, but sought a remedy in the proper action of the entire system, and especially one that would tranquillize and strengthen the nervous system. And after trying many things of a comparatively innocent nature, as mild aperients, have found nothing to equal the lobelia inflata, administered in such doses and in such a manner as not to vomit the stomach, but to ensure its passage through the bowels, and by this method I have succeeded in the longest standing and most obstinate cases.

But in order that my readers should be in possession of all the benefits of my experience, I will give several remedies for this one complaint, more especially when the system is not influenced by the presence or symptoms of any other, on which it is the more frequent attendant. If, however, other diseases be present, particularly foulness of the stomach or lungs, then this is not so likely to succeed until such is removed, because enough lobelia will not pass through the bowels, but, by disturbing this foulness, will be thrown up with it, exciting sickness. But should there be no disease or foulness present in the stomach or lungs, then any quantity of the lobelia, from a

grain to half an ounce, will not vomit but pass through the bowels, producing (after from six to twelve hours) a bland and natural stool motion. As a proof of its efficacy in this disorder I may state that I was drawn to the discovery from the many chronic cases of constipation I found in my practice, to which I could give but a temporary relief by all other means. The first of this character on whom I succeeded was a lady, aged fifty-three, who had suffered from extreme costiveness for more than twenty years, sometimes having no passage in the bowels for more than a week. After trying aperients for a length of time in vain, I began to reflect that if this be a disease of the bowels, or even the liver or nervous system, the lobelia, acting only where there is disease, may prove effective here. I therefore carried her through a course of medicine to clear the system. I found she could take two pills at night, which were after a time increased to six, without nausea; and these, by passing the bowels, succeeded in producing not a purge, but a natural evacuation at last, every morning, aided by the daily effort which in time, without the pills, became sufficient, followed by a cessation of all the unpleasant accompaniments of the costiveness. Such, too, has been the result of perseverance with many others whose habit had resisted aperients and enemas.

Let the patient begin by taking at night two of the pills, and if no nausea is produced increase the number each night until it is, or a motion is effected the next morning, washing down each dose with a tumbler full of cold water; and after breakfast never let him or her fail to make the effort to procure a motion; thus the habit will assist the lobelia, and the lobelia the habit.

With a few persons it may happen that sufficient lobelia cannot be taken without nausea or restlessness. Where such is the case, one or two of the aperient pills, No. 3, can be

taken with the lobelia, facilitating the motion without purging, and these omitted as the regular habit is gained. Where there is but a temporary constipation, either with or without other disease, the pill No. 3, will be found all-sufficient to remove it; the patient should regulate the dose to the state of the bowels, taking care not to purge, the combination in this pill being prescribed with this view.

In addition to these pills for costiveness the use of injections should not be forgotten, as being always of more service and less injurious than cathartics. Indeed, where a motion is required immediately, they should be had recourse to before physic of any sort. Half a pint of warm water will in all ordinary cases procure a motion in ten or twenty minutes; but where the fæces are unusually hard the following should be employed :—

Take of

Treacle ..... two table spoonfuls
Salt ..... one table spoonful
Warm water ..... a pint

This may be rendered more effectual still by the addition of half a tea-spoonful of lobelia powder.

There are persons constitutionally costive, whose bowels are not moved more frequently than once a week, and yet whose general health remains good. Such instances are rare, for most persons feel more or less uncomfortable without an evacuation as often as once in twenty-four to forty-eight hours.

Where costiveness arises from the want of exercise, nothing will properly supply the place of it; it should be punctually practised; the shower-bath is good; also brisk friction over the abdomen with a coarse towel with salt and water. Astringent food should be avoided. Some fruits are good, such as prunes, figs, and black currants. Dr. Thompson recommends

the practice of eating an apple after dinner; a roasted apple for supper will be found by some to supersede all other physic in procuring the morning evacuation.

WORMS (VERMES).

THERE are several kinds of worms at times found in the human body, but these three are most frequent, namely, the tænia or tape worm, the teres or round worm, and the ascarides or seat worm.

The tape worm is white, very long, and full of joints, which frequently comes away broken in the stools; this like the round worm is bred in the small intestines, and is sometimes found in the stomach; the seat worms commonly lodge in the rectum and cause aching in the seat.

The presence of worms occasions paleness of countenance, and at times flushing in the face, starting and grinding of the teeth in sleep, the appetite sometimes bad, but more often eager, and at times quite voracious. The bowels of children, suffering with worms, are generally hard and swollen, there is frequent pain in the side accompanied with dry cough; worms will occasion convulsions, and often epileptic fits. It will be proper to observe that all these symptoms may exist in consequence of a disordered state of digestion, or without the presence of worms. Nothing is more common than for the doctor to make a guess at a child having worms, and administer such medicine for their destruction, as requires but a larger dose, or longer perseverance in the same, to destroy the child. The reader may find in most medical works, many poisons differently prepared for this purpose, many of these, as secret

remedies, are sold and taken ; they bring away worms but not the disease, or even the cold mucus slime in which the worms reside.

The reason, says Dr. Thompson, why children are more affected with what are called worm complaints, is because they are more subject to be disordered in their stomach and bowels than grown persons. When children are sick, and their breath smells bad, it is said they have worms, and everything is laid to them; but this is owing to disease caused by canker, for there is nothing in the nature of worms that can affect the breath.

In cases of this kind, the only thing necessary is to cleanse the stomach by getting rid of the cold phlegm, and restoring the digestive powers, when there will be no difficulty with the worms.

The practice of giving poison to kill worms in the stomach and bowels is injurious, as Dr. Thompson relates, from the doctor who attended the following cases. "three children had what he called a worm fever, and he undertook to kill the worms. One of the children died, and the doctor requested liberty to open it, to find out what would destroy worms, in order to know how to cure the others ; but the parents would not consent. A second died, and the parents consented to have it opened ; but after searching the stomach and bowels, to their surprise, no worms could be found. The third soon after died." The fact was, their death was caused by canker on the stomach and bowels, and the medicines given increased the difficulty, by drawing the determining powers inward, which aided the cold to promote the canker.

TREATMENT.—The difficulty of ascertaining whether a child that is sick has worms, should occasion no embarrassment with regard to the treatment to be pursued. The stomach and bowels being disordered, the indications for the

treatment will be the same, whether the patient be affected with worms or not.

"I have had," says Dr. Thompson, "a great deal of experience in what are called worm complaints; and after having become fully acquainted with the real cause, had no difficulty in curing all that I have undertaken."

"My practise," says he, "has been what I recommend to others to do in cases that are called worm complaints; to give the composition powder, or No. 2, to warm the stomach, a tea of No. 3 to remove the canker, and the bitters, or either of the articles described under No. 4, to correct the bile. If they are bad, carry them through a course of medicine, and give the bitters. When there are nervous symptoms, give the nerve powder. Injections should also be frequently given. The butternut syrup is very good. If there should be danger of mortification, make use of No. 6, both in the medicine given and in the injections."

The composition I have found to be most effectual, when the powder is given in lukewarm water or in strong decoction of bayberry or sumac. This mixture given two or three times a day, together with small doses of the tincture of lobelia, repeated every two or three hours, will, in many instances, remove all symptoms supposed to be occasioned by worms.

Although it will be readily admitted that worms are more numerous and occasion more disturbance in patients whose digestive functions are most impaired by excess or improper diet, or those whose bowels secrete a larger amount of slimy mucus, it will be always safe to treat the patient as Dr. Thompson recommends; yet in some worms appear to be hereditary and exist independently of any excess of this secretion, resisting alike the remedy even of such a course of treatment. There have been many conjectures as to the origin of worms; Cuvier says they can only propagate themselves in the interior of the

bodies of other animals. There is hardly any animal which does not give support to several kinds of them, and frequently the same species of them does not inhabit more kinds of animal than one. They are not only found in the intestinal tube, and the ducts communicating with it, but also in the cellular tissue and the substance of the brain, liver, and other organs. The difficulty of conceiving how they arrive in these situations, together with the observation that they are never met with out of the living body, has caused some naturalists to believe in their spontaneous generation. But it is now sufficiently settled, not only that the greater part of them produce either eggs or living young, but that they have distinct sexes, which copulate like other animals. We are therefore obliged, says Cuvier, to believe that they are propagated by germs sufficiently minute to enter the smallest passages, and that animals sometimes contain these germs at the time of birth.

In a disorder so common, and one which frequently resists so many medicines resorted to (for what will expel them from one person will not from another), it will be acceptable to have at hand several modes of treatment, providing such be of a sanatory character.

The following prescription I have tried in many cases and been successful:—

Tansey boiled in milk, to which a teaspoonful of the flower and seed pulverized may be added. Dose, from a teaspoonful to half a pint fasting, and at bed-time. This will be found highly serviceable in round or tape worms.

The following is strongly recommended by Dr. Beach, of the reformed practice:—"I have found it highly efficacious in removing worms of all kinds." Take the pods of cowage, dip them in treacle (I prefer butternut reduced with treacle), then with a knife scrape off the hairs along with the syrup; when the mixture attains the consistency of honey it is fit for use.

Dose : For a child three or four years old, one teaspoonful given in the morning three or four mornings successively, then follow by moving the bowels with senna and manna. Increase or decrease the dose according to the age of the patient.

Salt is obnoxious to all kinds of worms, and persons troubled with them should lessen their usual quantity of sugar and increase that of salt, for the former encourages, while the latter expels them.

There are few cases that would resist the use of salt, could the patient be induced to take a sufficient dose, which, for an adult, would be from half an ounce to an ounce, dissolved in half a pint of water and taken fasting, repeated at the end of three or four days.

I received the following information from one of my patients who had formerly suffered from worms, and had by accident expelled what medicine had not effected, (for he had tried many things for them) a large quantity of tape worms, so much so that he thought he had got rid of them altogether. He had been out, working in the fields all day, with very little provision with him, and returning home at night more hungry than usual, eat plentifully of a cake his wife had been making of oatmeal; while eating he thought it tasted more salt than usual, and made the remark, when it recurred to her memory that she had salted the cake twice ; he ate till satisfied, and in the morning discharged the tape worm dead and mingled in immense slime. Salt seems to be nature's antidote for worms of every kind ; it may be employed as an injection, more especially for seat worms.

A mode of punishment formerly existed in Holland, which places the effects resulting from a total disuse of salt (more especially in moist climates) in a striking point of view. The ancient laws of the country enacted that certain convicted men should be kept on bread alone, *unmixed with salt*, as the *severest* punishment that could be inflicted upon them in their

moist climate: the effect was horrible—these wretched criminals are said to have been devoured by worms engendered in their own stomachs.—Dr. Graham.

I will here give other remedies. Lime water. When the stools are green, or of an acrid character, or if the patient be affected with sour breath, and acid eructations, lime water should be given to correct the secretions. The usual way of administering lime water is to add about an equal quantity of boiled milk, and take it two or three times a day. Dose:—A tea-cupful.

I have found this equally useful in many cases, producing good effects with great rapidity and not requiring any preparative treatment. Pomegranate bark, boil two ounces in a pint-and-a-half of water down to a pint, and take the whole in the morning, fasting, in four or five draughts, leaving half an hour between each draught. If it does not bring away the worm the first day, repeat the medicine a second, third, and even fourth time, just as directed above.

PILES (HÆMORRHOIDS).

THE piles are produced by great fulness of what is called the hæmorrhoidal veins, forming small tumours, either in the anus or protruding beyond it. In some cases they are attended by a discharge of blood upon going to stool, and are then called bleeding piles; when they are in a state of chronic tumour with painful swelling without bleeding, they are then called blind piles. In severe cases a portion of the intestine falls down every time the fæces are passed, and requires to be pressed up with the hand. The piles are generally owing to costiveness, and weakness of the bowels. There are few complaints in which

attention to diet has a more beneficial effect than in piles, they are often brought on by high living, and may be removed by an opposite course, or spare diet; brown bread, or rye bread, should be preferred, no wines or ardent spirits should be used. A long established case is found very obstinate and difficult to cure, requiring much perseverance in the remedies prescribed, and even an alternate change in the medicine, which should generally consist of the tonic bitters recommended for indigestion. In treating piles the first thing is to regulate (not purge) the bowels, resorting to the same remedy recommended for costiveness. If the piles are irritable a strong tea made of raspberry leaves should be employed as an injection twice a day warm, sumach leaves, or decoction of oak bark. When the smarting ceases a small portion of ginger, or No. 6, may be added to the tea. The injections should be strained, or the sediment may occasion pain. The following ointment may then be applied confined by a bandage on a piece of lint. Take cranesbill finely powdered, an ounce; fresh lard, seven ounces; blend them together. Gall ointment has also been strongly recommended. Take of oak gall, in very fine powder, one ounce, lard seven ounces.

"A decoction of the root of cranesbill (geranium maculatum) simmered gently, until of the consistence of molasses, is a valuable remedy in piles. If the piles are internal, the liquid thus prepared, should be injected into the rectum on going to bed; or a rag, saturated with it, may be introduced into the rectum over the finger, so as to bring it in contact with the affected parts, allowing it to remain until the next evacuation. The injection should be nearly cold. Dr. Quin informs me that he never knew more than two or three of these applications to be required in effecting a cure, even in aggravated cases. If the piles are external the medicine may be confined to the diseased parts by means of a bandage.

"The decoction for internal use is prepared by boiling an ounce of the root in a pint-and-a-half of water until the quantity is reduced to a pint. The dose of this is half a teacupful, more or less."—Dr. Mattson.

A piece of cotton dipped in the essence of spearmint and applied to the piles will usually give immediate relief. "I have," says Dr. Mattson, "recommended this in a number of cases where the patient was threatened with an attack of piles, and seldom knew it to fail in removing the complaint. The application may require to be repeated two or three times; it produces pungent sensations, which become very painful in fifteen or twenty minutes, when it may be removed."

Such relief may be also obtained by steaming the parts, or applying a warm poultice made of yarrow, comfrey, or slippery elm, the pulp of rotten apple, or a poultice of elder. A regular Thompsonian course of medicine will, by equalizing the circulation, relieve and greatly aid the cure of piles. There is also a preparation much used in America, called "Ward's Paste." the following is the mode of preparing it:—

Take of

Pepper	Eight ounces
Elecampane root powdered	Eight ounces
Fennel seed	Sixteen ounces
Honey	One pound
Sugar	One pound

Mix these in a mortar to form a paste. Dose: A piece as large as a nutmeg twice a day.

DIET.

FROM what has already been said of digestion, it will readily be conceived of what importance is the consideration of diet, both as to the recovery of the sick and the maintenance of health and longevity. Upon diet a host of excellent essays have been written and published, and, to do justice to the faculty, I would observe that they have been far more ready to give excellent advice than their patients, or the public, have to follow it. Some physicians in the present practice have even gone so far as prefer prescribing a strict regimen, and wholly depending upon the change produced by it restoring the patient; while others who are depending upon medicine to correct disorder, are constantly complaining that all their skill is foiled by the eating and drinking propensities of their patients.

I do not know anything more annoying than to be thus foiled by the imprudence of the patient. Certain it is that health and sickness are dependent upon the peculiar state of the fluids and solids, which in unceasing progression are under going the necessary changes; all the particles of matter becoming useless and morbid in their turn, are then thrown out of the system, escaping by the several excretions, and their places being as readily supplied from the food and drink digested and received into the circulation. It is therefore certain and self-evident that diet should be at the very basis of all medical treatment; and due regard should be paid to this in every complaint, regulating the quality and quantity to the condition of the patient, the demands of the body, and the capabilities of the digestive powers at the time; and when it is considered that the digestive organs so sympathize with other parts of the system in disease, becoming in almost every complaint oppressed, weakened, or deficient in nervous energy,

the importance of a selection of diet becomes the more apparent.

Nothing is more common than invalids inquiring what they should eat or drink. This fact, together with the indiscretions and gross (if not fatal) errors committed by friends, in giving indigestible food and strong drinks to the sick, cannot be too forcibly impressed upon those studying the principles of this work. It is upon the supposition that that which is strong in its nature must impart strength when taken into the system; hence strong drinks are given, and persisted in, often counteracting the efficacy of the medicine, and completing the ruin disease has commenced. How often is the question put to me, may I take a little port wine? Should I not give him or her a little red wine? Surely he requires something to strengthen him, he is gone so very low. And thus prejudice encouraged by the old practice of medicine, makes it difficult to convince them that strength is only to be got from what we digest of the food we eat, and that alcohol in any form arrests digestion, not only by saturating the food, but by blunting the nervous energies of the stomach, so that strength is never derived, but greater weakness. Alcohol, ever injurious to the healthy, should never be given to the sick; but if thirst be present, milk, barley water, herb teas, linseed tea, whey gruel, and other teas here recommended will be most proper. In a relaxed condition, port wine has been thought to be indispensable from its astringency, but this is far succeeded in the same properties by the raspberry leaf, and our other sanatory astringents. Next to the eating and drinking errors, people mistake that which is palatable for that which is proper for the stomach when weakened by disease. It is not strong food that can impart strength, only such as the stomach can master, or the gastric juice dissolve, that can be assimilated and impart nutrition.

It is also a most pernicious error to provoke an appetite, or force a patient to eat against his inclination; for when the system can assimilate food by the secretion of sufficient gastric juice, the same will be manifested by appetite. This should be remembered, that salt provisions generally are inadvisable, more especially the flesh of swine, ham and bacon, whose savouriness may tempt the sickly palate of the patient, or induce the nurse to give, in her anxiety that the sufferer should eat something. These should ever be avoided. Also butter, cheese, and things of hard or difficult digestion in health, become highly injurious in disease. Articles of a light nature, and what are known to be easy of digestion, should be selected for the sick, admitting more solid food as recovery advances. In order to direct the judgment to a proper selection, the following excellent tables, as derived from experiments made by Dr. Beaumont upon the celebrated case of Alexis St. Martin, wherein is given the average digestibility of each article, are here subjoined :—

DR. BEAUMONT'S TABLE,

SHOWING THE MEAN TIME OF DIGESTION OF THE DIFFERENT ARTICLES OF DIET.

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Rice	Boiled	1	
Sago	Ditto	1	45
Tapioca	Ditto	2	
Barley	Ditto	2	
Milk	Ditto	2	
Ditto	Raw	2	15
Gelatine	Boiled	2	30
Pig's feet, soused	Ditto	1	
Tripe, soused	Ditto	1	
Brains	Ditto	1	45

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Venison Steak	Broiled	1	35
Spinal marrow	Boiled	2	40
Turkey, domestic	Roasted	2	30
Do. do.	Boiled	2	25
Turkey, wild	Roasted	2	18
Goose	Ditto	2	30
Pig, sucking	Ditto	2	30
Liver, beef's, fresh	Broiled	2	
Lamb, fresh	Ditto	2	30
Chicken, full grown	Fricassee	2	40
Eggs, fresh	Hard boiled	3	30
Do. do.	Soft, ditto	3	
Do. do.	Fried	3	30
Do. do.	Roasted	2	15
Do. do.	Raw	2	
Do. whipped	Ditto	1	30
Custard	Baked	2	45
Codfish, cured, dry	Boiled	2	
Trout, Salmon, fresh	Ditto	1	30
Ditto, ditto	Fried	1	30
Bass, striped, fresh	Broiled	3	
Flounder do.	Fried	3	30
Catfish do.	Ditto	3	30
Salmon, salted	Boiled	4	
Oysters, fresh	Raw	2	55
Ditto, ditto	Roasted	3	15
Ditto, ditto	Stewed	3	30
Beef, fresh, lean, rare	Roasted	3	
Do. do. dry	Ditto	3	30
Do. steak	Broiled	3	
Do., with salt only	Boiled	2	45

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Do. with mustard, &c.	Ditto	3	30
Do. fresh, lean	Fried	4	
Beef, old, hard, salted	Boiled	4	15
Pork steak	Broiled	3	15
Pork, fat and lean	Roasted	5	15
Do. recently salted	Boiled	4	30
Do. do.	Fried	4	15
Do. do.	Broiled	3	15
Do. do.	Raw	3	
Do. do.	Stewed	3	
Mutton, fresh	Roasted	3	15
Do. do.	Broiled	3	
Do. do.	Boiled	3	
Veal, fresh	Broiled	4	
Do. do.	Fried	4	30
Fowls, domestic	Boiled	4	
Do. do.	Roasted	4	
Ducks, do.	Ditto	4	
Do. wild	Ditto	4	40
Suet, beef, fresh	Boiled	5	3
Suet, mutton	Ditto	4	30
Butter	Melted	3	30
Cheese, old, strong	Raw	3	30
Soup, beef, vegetables and bread	Boiled	4	
Do. marrow bones	Ditto	4	15
Do. beans	Ditto	3	
Do. barley	Ditto	1	30
Do. mutton	Ditto	3	30
Green corn and beans	Ditto	3	45
Chicken soup	Ditto	3	0
Oyster soup	Ditto	3	30

Articles of Diet.	Mode of Preparation.	Time required for Digestion. H.	M.
Hash, meat and vegetable	Warmed	2	30
Sausage, fresh	Broiled	2	20
Heart, animal	Fried	4	
Tendon	Boiled	5	30
Cartilage	Ditto	4	15
Beans, pod	Ditto	2	30
Bread, wheaten, fresh	Baked	3	30
Do. corn	Ditto	3	15
Cake do.	Ditto	3	
Do. sponge	Ditto	2	30
Dumpling, apple	Boiled	3	
Apples, sour and hard	Raw	2	50
Do. do. mellow	Ditto	2	
Do. sweet do.	Ditto	1	30
Parsnips	Boiled	2	30
Carrot, orange	Ditto	3	15
Beet	Ditto	3	45
Turnips, flat	Ditto	3	30
Potatoes, Irish	Ditto	3	30
Do. do.	Roasted	2	30
Do. do.	Baked	2	30
Cabbage, head	Raw	2	30
Do. with vinegar	Ditto	2	
Do. do.	Boiled	4	30

As a still further assistance to those who have charge of the sick, the following recipes are offered. In all preparations of food simplicity should be observed; the fewer the dishes the better :—

WHEAT BREAD.—Bread should be made of unbolted wheat flour, or only the very coarsest part separated, ground coarse and made in the usual manner. This keeps the bowels regular, while that made of superfine flour causes costiveness and dyspepsia, by a deficient stimulus imparted to the intestines.

"The ancients," says Dr. Scott, "considered that bread most wholesome and nourishing which was made of flour retaining the whole of the bran that is contained in wheat. Hence the Greek wrestlers used no other bread than that made of coarse unsifted flour; and this they considered so strengthening and nourishing, that they called a brown loaf coliphium, which imparts strength of limb. It would be well, then, if those who suffered from irregularity of the bowels made use of this kind of bread only, as well as others. The heat and friction of the mill stone serve in some measure, to render fine flour insipid and lifeless.

WHEAT PUDDING.—Mix coarse wheat flour with milk (water will answer), put it into a bag and boil it well. To be eaten with molasses or sauce.

MINUTE PUDDING.—Boil milk, sweet or sour, and thicken with flour. To be eaten as above.

BREAD PUDDING.—Soak bread crusts in cold water till soft, squeeze dry, to one pint of which, add one quart of milk, three eggs, and a tea-spoonful of sugar. It may be baked or boiled.

TOAST.—Toast bread slowly till very brown, pour on it a little milk or water, and add butter. It generally rests on the stomach.

RYE.—Rye bread is a wholesome article of diet, much more so than common wheat bread.

RYE PUDDING.—Milk thickened with rye flour, and eaten with butter and molasses, is very good.

BEST INDIAN BREAD.—Take one quart of sour milk (or sour buttermilk), add to it two tea-spoonfuls of sal æratus, four eggs, and Indian meal sufficient to make it of the consistency of mush pudding, bake it in a tin pan for an hour with moderate heat. The best Indian bread ever used.

INDIAN PUDDING.—This is used daily in most of the eastern states. Indian flour mixed with milk or water, and kneaded well till a batter is formed, then put it in a bag and boil six hours, then cut in slices and eat with molasses and butter, or sauce. A superior and wholesome dish.

RICE is a very valuable grain, and supports millions in the east. It digests well and is highly nutritious.

RICE FLOUR may be used in various ways. A gruel made of it is excellent in all kinds of bowel complaints, with the addition of a little nutmeg and cinnamon.

CUSTARD, one quart of milk, five eggs, a small tea-cupful of sugar, a little salt and nutmeg; bake it at a moderate heat three quarters of an hour.

POTATOES generally digest well. The mealy kind should be used; to boiling water add the potatoes, with a little salt, boil till a fork passes easily through them, pour off the water, and let the vessel stand by the fire till they are perfectly dry.

TAPIOCA JELLY.—Pick the tapioca clean, soak it five or six hours in water, and spread it in a flat dish, pouring on additional water until it covers the tapioca an inch in depth, simmer over a slow fire until the jelly is formed. This contains a large amount of nutriment, and is easy of digestion, it may be eaten with sugar and milk.

WHEAT JELLY.—Take of wheat in its natural state any desirable quantity, soak it twelve hours in soft water, and boil it four hours, allowing the water to evaporate, excepting enough to form the wheat into a jelly. This may be eaten with sugar or treacle, and is an excellent article for the sick

and convalescent. It is highly nourishing and serves to regulate the bowels without possessing any of the objectionable properties of a purgative.

Blanc Mange.—Wash half an ounce of Irish moss in hot water until it becomes slimy, then rinse it in water about blood heat, add the moss, together with two lemon peels cut into thin slices, and a small portion of salt to a quart of milk; put these over a slow fire and stir constantly until the liquid becomes of the consistency of cream, take care that it does not boil; strain through a cloth or fine sieve, and pour it into cups to harden, previously dipping them into cold water. It should be turned out into a plate and eaten with sugar and milk.

Beef Tea.—Take from one to two pounds of fresh lean beef, cut it into small pieces, sprinkle it with a little salt, put it into a clean dry porter bottle and cork it moderately tight. Set the bottle in a kettle of water an hour or more, then remove it before the bottle is taken out, or it may otherwise be broken by the change of temperature. This essence of beef tea is highly nutritious and easy of digestion; it forms an important article of diet in disease attended with extreme debility, as advanced stages of fever, pleurisy, small pox, dysentery, &c.

To make Crust Coffee.—Take an ounce of the crust of stale wheaten bread and thin slice it, toast thoroughly, so that there shall be no part of it unbrowned; pound it, and pour on boiling water, and after steeping for ten minutes, strain, and it is ready for use. It may be sweetened, and a portion of milk or cream added, if the patient prefers it so. Crust coffee is nourishing, and generally agrees well with the sick.

To make Panada.—Take some slices of stale wheaten bread, pare off the crusts and boil them in water four or five minutes; then take out the bread and a little of the water it was boiled in, beat it fine, and add sugar and nutmeg—and, if proper, a little fresh butter.

I would now observe, that in suggesting the use of these little things in food, in proportions highly beneficial, I do not wish to restrict the sick wholly to these, neither do I dictate the length of time they should be confined to the exclusion of more solid commodities; on the contrary, a very common error should be guarded against, that of partaking too much of what some call slops, as the important fact should be recognized, that the stomach is incapable of digesting food while diluted with warm fluids. Before digestion can proceed, the liquor that we take must be absorbed through the coats of the stomach into the blood—before the gastric juice can take its place, or act in sufficient quantity upon the food, so that tea, coffee, and soups may all be made to act injuriously by distending the stomach and wasting away the gastric juice. This may also act as a caution to those in health, it being one of the objects the author has in view—that of calling the attention to the preservation of health and the prevention of disease; and nothing will contribute more to this end than a *well regulated diet* and *regimen*.

It is very natural and very customary for us to indulge our propensities and appetites until some derangement of our digestive functions is the consequence; and then, instead of avoiding the exciting cause of the evil, we resort to medicine for a remedy, which, at best, is a poor substitute. But, by paying proper attention, persons who are born with, and enjoy a good constitution, will attain a healthful and long life; and even those who are delicate and tender will arrive at an advanced age by these means.

COMMON COLDS AND COUGHS (TUSSIS).

As it will be found demonstrated in the Thompsonian theory that almost every form of disease originates in the diminished temperature of the body, arising from obstructed digestion, circulation, or to checked perspiration, so attention to a common cold, as a preventive to further consequences, must be considered of great importance, however simple may be the exhibition of the first symptoms..

Most persons affect to despise colds; and as long as they can walk about, scorn to be confined by what they call a *common cold*. Hence it is that colds destroy such numbers of mankind. Like an enemy despised, they gather strength from delay, till at length they become incurable.

Most of the symptoms attending ordinary colds are such as usually prevail in the first stages of almost all diseases, such as chilliness down the back, cold and loss of circulation in the extremities, followed by lassitude and loss of appetite.

A cold is usually accompanied with a weight and pain in the head, oppression at the chest, and some difficulty of breathing; a sense of fulness and stoppage at the nose, watery inflamed eyes, soreness of the throat, cough, pains about the chest, cold shiverings, succeeded by transient flushes of heat, pains in the neck and other parts of the body, and increased secretion of mucus from the nose, throat, and lungs, in consequence of a slight inflammation of the mucous membrane of these parts, and in many instances with some degree of fever and headache.

Common Cough.—A cough is generally the effect of a cold which has been improperly treated, or entirely neglected. When it proves obstinate there is always reason to fear the consequences, as this shows a weak state of the lungs, and is

often the forerunner of some acute and dangerous disease of the respiratory organs, such as inflammation of the lungs, pleurisy, bronchitis, or consumption; or where the constitution is strong, the cough not terminating in any of these, may, by being frequently repeated, become permanent, and settle down into an incurable asthma.

In the treatment of common colds it is obvious that the first thing to be thought of is how to raise the internal heat, and determine the fluids to the surface of the body, the fulness and complexion of which vital action has been diminished by the cold. To effect this an ordinary cold may require nothing more than an occasional dose of cayenne; but when more obstinate, a tea-spoonful of composition powder, given in a tea-cupful of herb tea every four or five hours. The tea may be made of pennyroyal, yarrow, or angelica, sweetened with honey or treacle—all these herbs being diaphoretic, or of a sweating nature, will open the pores of the skin and restore perspiration. But should the patient be compelled to follow an employment that exposes him to the open air, the same dose of powder during the day will be better taken in cold water, and the sweating teas reserved for night upon going to bed, before which let the feet be bathed for ten minutes in warm water, and a double dose, or at least half a pint of tea be given upon lying down, when a bottle of hot water, or a hot brick wrapped up in a wet cloth should be placed at the feet, taking care to sprinkle that side of the brick and cloth with vinegar, which are placed next the feet. If the throat be sore, either place a stocking round the neck or a cloth dipped in cold water and carefully wrung out, twice folded, with a dry cloth over it perfectly inclosing the one beneath.

Should there be violent cough, with difficult expectoration, give a tea-spoonful of the acid tincture of lobelia night and morning, or a few drops of the same may be taken upon a

piece of lump sugar two or three times a day. This treatment should be repeated for several days, but if the symptoms do not signally abate carry the patient through a course of medicine, or give an emetic with a vapour bath. Let the patient remain in doors and shielded from cold as much as possible, till relief is given and a cure effected, which is generally found in a short time by the sweat given in bed by the method here recommended, as a prevention to cold ; persons who are little exposed are more liable to take it, and should wear flannel next their skin, but particularly over the chest, adapt their dress to the changes of the weather, and be cautious when they come out of hot or crowded rooms. Bathing the surface with cold salt water every morning, or taking the shower bath daily, are excellent preventives against the liability of taking cold.

INFLUENZA (TUSSIS EPIDEMICUS).

Between this disorder and that of a common cold there are but few differences, as what *may* make up the symptoms of the one may also accompany the other, except that this, by attacking a great number of persons at the same time, partakes of the character of an epidemic. There is, however, generally a thin discharge from the nostrils, rheumatic pain, hoarseness, and great debility.

The treatment should be precisely the same as that of a common cold ; the food should be light, nourishing, and easy of digestion. The bowels should be kept regular, and the hoarseness relieved by a gargle of vinegar and cayenne. (See sore throat.)

QUINSY, OR INFLAMMATORY SORE THROAT (CYNANCHE TONSILLARIS).

When the tonsils, commonly called the almonds of the ear, or the mucus membrane lining the throat, become inflamed, it is termed *quinsy*, or inflammatory sore throat. It generally affects the young and sanguine, and it occurs more especially in the spring and autumn. It may arise from any of the causes of common cold, especially sitting in a draught, sleeping in a damp room newly whitewashed; it is often occasioned by omitting some part of the covering usually warm about the neck. The disease advances, the difficulty of swallowing and breathing becomes greater; the speech is very indistinct; the dryness of the throat and the thirst increase; the tongue swells and is encrusted with a dark fur, and the pulse is full, hard, and frequent. In a few cases small white sloughy spots are to be observed on the tonsils, and in very violent ones there is complete deafness. When the symptoms are considerable, the whole face partakes of it; the eyes are inflamed, and the cheeks florid and swelled; respiration is performed with difficulty, and the patient is obliged to be supported in nearly an erect posture to prevent suffocation. Even delirium and lethargy sometimes supervene and stop respiration. Sometimes both tonsils are very much inflamed and swelled, so that it becomes exceedingly difficult to give any kind of nourishment: in some instances patients are entirely unable to swallow; in some an abscess will be formed. It may terminate in suppuration, and often subsides without it; terminating by what is called resolution. This disorder, which frequently proves fatal in the old practice, is soon relieved by this.

I was once called in to a patient—a poor bricklayer—whom the parish doctor had just left, after passing his sentence of death,

by saying that it was quinsy, and that he had done all that he or any one else could do. I found him so far gone as to be speechless, and apparently insensible; breathing with great noise and difficulty, and otherwise suffering most of the extreme symptoms here described. I was merely passing the door and accidentally seen and called in, so that I had few things proper at hand. However, I immediately ordered hot bricks with vinegar cloths, one to be placed at his feet and one at each side of the chest, while a cloth was dipped in a decoction made with hot vinegar and cayenne and applied round the neck, and a tea-spoonful of the same poured down his throat every ten minutes. I saw him safe into a sweat, and after ordering a decoction of horehound, raspberry leaves, and ginger, I left. Passing the door at the end of the following week I called to inquire the fate of the patient, when I was informed that he had been at his work three days. This may serve to show how great a tendency nature has to recover, when her energies are in the least assisted.

Where there is great difficulty in swallowing, inhaling the vapour of vinegar will give relief until a free passage can be got, when gargles made with hot vinegar poured upon bayberry and cayenne should be used. These excite the secretions and aid the removal of the mucus fur from the throat. The tincture of lobelia should also be combined with them, even though it may occasion vomiting. Should an abscess be discharged, add a portion of No. 6 to the gargle. In place of a poultice, says Dr. Comfort, spread a plaster of stimulating liniment or salve on a piece of silk, oil cloth, or bladder, and apply to the throat. This last application is preferable to a poultice at night, on account of the liability of the poultice becoming dry and cold. Some persons are predisposed to quinsy: these should make it a practice to gargle the throat every morning with cold water.

PUTRID SORE THROAT (CYNANCHE MALIGNA).

THIS disorder is at first very similar to the inflammatory sore throat, or quinsy, but soon partakes more of the character of a contagious fever. The throat becomes of a deep fiery red, interspersed with ash-coloured specks, changing into ulcerations of a dark foul appearance. In some cases the throat assumes that of a large whitish stain, which soon becomes an extensive slough; the tongue is covered with a thick brown fur, the inside of the lips is beset with small blisters, and a thin acrid matter runs from the mouth and nostrils; the slough of the throat corrodes deeper and deeper, spreading through the whole alimentary canal; this turns to gangrene, when it terminates fatally. When the disease takes a favourable turn, about the second or third day, a scarlet eruption breaks out, spreading from the face over the whole body; the breath is very offensive, making the disease epidemic, so that when one in a family has it, unless there be great care, all the rest are liable to be attacked.

This disorder requires the general treatment laid down for quinsy, but from its dangerous nature requires to be more prompt and active. Courses of medicine should be given, and "it is," says Dr. Mattson, "sometimes necessary to repeat them two or three times in twenty-four hours;" there should be a free use of the composition powders, cayenne and bayberry, or raspberry leaf tea.

If the patient is unable to swallow, an injection should be given, repeating it once or twice until it produces the requisite degree of relaxation. It should be made thus:—

Take of

Composition . ..... a tea-spoonful and a half.
Pulverized lobelia.....half a tea-spoonful.
Boiling water ..... from half a pint to a pint.

After it is lowered to blood heat, strain or pour off the liquid and administer warm, previously smearing the pipe of the syringe with hog's lard.

If the bowels are irritable, a tea-spoonful of honey or treacle should be added; and if they are loose, discharging acrid corroding matter, add two tea-spoonfuls of pulverized gum myrrh, or No. 6.

Sometimes the throat is so filled up with mucus and acrid matter as to render it necessary to force a passage by clearing off the filth. When this is to be done it should be with a small sponge fixed to the end of a piece of whalebone, dipped in strong astringent tea, made of bay-berry, oak bark decoctions, or raspberry leaf. This is more especially applicable to children, where they cannot be made to gargle.

Pepper sauce is a useful medicine in affections of the throat: and in the absence of this, the following:—

Take of

Cayenne..... a tea-spoonful and a half.
Fine salt .....half a tea-spoonful.
Boiling water ....a tea-cupful.

A table-spoonful of this may be given every fifteen minutes.

While perusing medical works upon the nature of this disease, it is curious to observe so many of the authorities pressing and recommending the most copious use of cayenne pepper as a gargle in this disease. Dr. Thomas, in his modern practice of physic, says he gave it while in the West Indies to children (in quantities far exceeding that of our prescriptions), saving many, by its efficacy, where all other means failed.

Dr. Stephens, while at St. Kitt's, says he took two table-spoonfuls of small red pepper, or three tea-spoonfuls of common cayenne, and two tea-spoonfuls of fine salt, mixed them together, and poured upon them half a pint of boiling water; this was strained, and half a pint of good vinegar added; of this liquor when cold a table-spoonful was given to an adult every half hour, and the throat frequently gargled with it.

Dr. Stephens asserts that he employed this remedy in about 400 cases, and with surprising success. The ulcers in the back part of the mouth soon cast off their sloughs, and began to heal; a general pleasant warmth was diffused throughout the system, and the vital powers speedily resumed a more natural condition. When the Thompsonian practitioner hears the surgeons and druggists assert, that cayenne will burn the liver, cause inflammation, and otherwise act as a poison on the system, let him refer them to the account that we have here, not upon the mere faith of a theory, or vague assertion, but upon the extensive experience of high authority, and that too when the pepper is given in an inflammatory and dangerous disease, bringing this powerful stimulant in very contact with the inflamed surface, when, instead of injury, a CURE is the result.

Common practice.—Nitre, muriatic acid, bleeding, blistering, scarification, iodine, lunar caustic, port wine and brandy.

CROUP (CYNANCHE TRACHEALIS).

Description.—This is an acute inflammation of the mucous membrane of the trachea or windpipe, characterized by fever, cough, and hoarseness, difficulty of breathing, with a considerable degree of spasmodic affection.

CAUSES.—The usual causes of croup are, cold, exposure to a damp atmosphere, and whatever checks perspiration. It prevails chiefly in winter and spring.

SYMPTOMS.—The symptoms of this complaint are, difficulty of breathing, and a peculiar whistling noise. It is attended with a cough, which generally increases until it becomes very troublesome. It occurs in paroxysms, which agitate the whole frame; great thirst, restlessness, and expectoration of mucus, which is raised with a great deal of difficulty; the head is thrown back in great agony, as if attempting to escape suffocation. The cough is generally dry; but if anything is spit up, it has either a purulent appearance, or seems to consist of films resembling portions of a membrane. Where great nausea and frequent retchings prevail, coagulated matter of the same nature is brought up. There is an uneasy sense of heat over the whole body, a continual inclination to change from place to place, and frequency of the pulse. Very often the symptoms suffer considerable and sudden remissions, and exacerbations take place.

In an advanced stage of the disease, respiration becomes more difficult, and is performed with still greater difficulty and some degree of spasmodic affection, being repeated at longer periods and with greater exertions, until at last it ceases entirely.

This disease has, in a few instances, terminated fatally within twenty-four hours; but more generally, when it proves fatal, it runs on to the fourth or fifth day. In this disease great quantities of lymph are poured out into the trachea or windpipe, bronchial tubes, larynx, &c., which produce the suffocation and many other symptoms attending it.

TREATMENT—In the early stages of Croup a full course of medicine should be given, with an emetic composed of the

SLIPPERY ELM (ULMUS FULVA).

acid tincture of lobelia; by administering a tea-spoonful every six or eight minutes till free vomiting takes place; this should be given immediately after the system is warmed with the vapour bath; when the emetic has once begun to operate it should be well promoted with a strong tea made of sumach and bayberry; for very young children the emetic may be made in the tea.

The lobelia cannot be given too freely to a child in croup, in some cases as much as a table-spoonful has been given at a time with success. In the first stage a portion of raw cotton wet with camphor, whiskey or vinegar, may be applied to the throat, but when it is far advanced a poultice should be applied, made of pulverised cayenne, lobelia and slippery elm, wet with hot water and applied to the throat. By having two of these and changing them as the one applied becomes cooler, full benefit will be obtained without exposing the throat to the air: after the removal of a poultice the skin should be bathed with No. 6, or stimulating liniment.

Congleton, May 21st, 1847.

To Dr. Stephens.

Dear Sir,—I think you have heard me say at a public meeting held at Congleton on the 9th of January, that I thanked God that you ever set your foot in our town. I say so again for several reasons, but I will only mention one. In the latter end of April last, my little boy, two years and eight months old, was taken with a violent inflammation on the lungs, but instead of sending for a doctor I took the case into my own hands and commenced by giving him the acid tincture of lobelia, which produced vomiting; still the child seemed no better. I then put him into a vapour bath, but no amendment. I then called on Dr. ——— who said the child had not only inflammation on the lungs but a severe attack of croup, and that unless a change took place in two hours, he would die. This was on Monday night, but I still went on with *your treatment*, only I increased the dose. My wife and I sat up all night with the child, and every three or four hours we gave him a dose of tincture; next morning at eight o'clock the child began to have convulsive fits, still I went on with the treatment, and for four days could not

tell whether the child would live or die. However, he recovered, and I feel bound to say that if he had been put under the blind guides of the old school practice he would have been blistered and bled, and starved and killed; but, thank God, he still lives, and is a splendid trophy of the grand system you are so ably advocating.

D. BARLOW.

Mill-street, Congleton.

HOOPING COUGH (PERTUSSIS).

THIS is a disease known by a convulsive, strangulating cough, with hooping, returning by fits that are usually terminated by vomiting. Children are most commonly the subjects of this disease, and it seems to depend on a specific contagion, which affects them but once in their lives. The disease being once produced, the frequency of the fits may depend upon various exciting causes, such as violent exercise, a full meal, the having taken food of difficult digestion, and irritation of the lungs by dust, smoke, or disagreeable odours. Emotions of the mind may likewise prove an exciting cause, but the more certain and prevailing cause, is the accumulation of phlegm in the bronchial tubes of the lungs. The cough makes its attacks in fits or paroxysms, the violence and length of which are dependant upon the ease or difficulty of the expectoration of this mucus or phlegm, in some cases this is so difficult as to threaten suffocation, the eyes becoming prominent and the face red and livid; there is often slight fever, head-ache, coated tongue, and loss of appetite. The malady is always rendered more violent by exposure to cold. Where this disease is improperly treated there is great danger of its becoming fatal, by its causing inflammation, or by its continuing for a great length of time, reducing the constitution and terminating in consumption.

The faculty, according to all their statements and advices, are at an entire loss for a remedy for this distressing malady.

Dr. Thomas Andrews says, that "if the disease be not exasperated by any act of imprudence, no interference of art will be required," that after having run its course it will subside—the general opinion. He then gives us, in his Enclyclopœdia of Domestic Medicine, three or four pages, in which he prescribes a vast number of articles, all of the old depleting drugs; such as squills, fox-glove, tartar emetic, &c., so that the reader will be completely perplexed with the vast variety of things recommended.

Now those which I have to offer will be few indeed, but sanatory as they are efficacious, treating this disease on the Thompsonian principle of removing obstruction: the lobelia becomes the grand specific in this, as the principal ingredient in all other cough remedies proposed by us; and all that need be observed here, is, to treat the case as a common cold, by raising and maintaining warmth and perspiration, and administering the lobelia tincture suitable to age, and more especially the syrup recommended in consumption (see Consumption). The diet must be light and easy of digestion. For children, milk, good bread made into pap or pudding, chicken broth, with other light diet, are proper. One of the most effectual remedies in hooping-cough, is change of air; this often removes the malady even when the change seems to be from a purer, to a less wholesome air. The feet should be frequently bathed in lukewarm water, and a sweating or strengthening plaster kept constantly between the shoulders.

INFLAMMATION OF THE LUNGS (PNEUMONIA).

WHEN the mucous membrane lining the lungs, or the substance of the lungs is inflamed, it is termed pneumonia, or inflammation of the lungs.

The general cause of this disease, is cold to the body, which gives a check to perspiration, and determines a great flow of blood to the lungs; it comes on with an obtuse pain in the chest or side, great difficulty of breathing, particularly in a recumbent position, or when lying on the side affected, together with a cough, dryness of the skin, heat, anxiety and thirst.

At the commencement of the disease, the pulse is full, strong, hard, and frequent, but in a more advanced stage, it becomes weak, soft, and irregular. In the beginning the cough is generally dry, but in some cases it is moist from the first, and the matter spit up is various, both in colour and consistency, and is often streaked with blood. When the disorder proves fatal, it is generally by an effusion of blood taking place in the cellular texture of the lungs, so as to occasion suffocation, which usually happens between the third and seventh days; but it may likewise prove fatal by terminating either in suppuration or gangrene.

In consequence of the great changes in our atmosphere, and the depleting process of the faculty, this disease proves a great scourge to this country, more especially to children. I myself have been a great sufferer from the bad treatment in this disorder, my father's family being all subject to attacks. We lost three out of eight children by it, and I well recollect when at twelve years of age, being twice or thrice bled with 24 leeches at a time, not to mention blisters and other tortures,

reducing me within a hair's breadth of my life; and upon one occasion I was confined to bed for six weeks, and when I rose, it was by a miracle, that miracle being the doctor giving me up while my parents could yet pay. When he saw me recovered, he said I had only escaped this to die in consumption, which is the case with thousands. A short time since, after lecturing one night in the town of Wigan, I was called in the next morning to see the little daughter of a Mr. Birch, stationer, then suffering from inflammation of the lungs, and being a stout child, the doctor had just been and ordered copious bleeding; the phlegm was rattling in the chest and throat, accompanied with high fever and imminent danger. Her mother said, now sir, I have lost two at her age (six years), after two or three weeks old treatment by "our family doctor;" and then, drawing my attention to the rattling phlegm, continued: "Do you mean to say you could fetch all that up?" "Yes," I said, "and cure her in a week, if you will obey my orders, which, nevertheless, though very simple, must be strictly carried out." I left her, after giving directions for the vomit and vapour bath, tincture and bitters, and called again on my regular visit to the town to lecture. I walked into the shop and enquired of the mother the health of my patient. What was the reply? That she was sorry I could not see her; she hoped I would excuse her sending her out, but she had gone on an errand, and while speaking, in she came, perfectly cured; the child that was prostrate and dying, rose and went out in a cold day, in the beginning of March. The good lady, after apologising for the danger I might think she exposed her daughter to by being out too soon after such an attack, said, she looked upon it as little short of a miracle. But mark, she so feared her family doctor knowing who cured her daughter, that I was bound to keep the secret in that town, and for that year. But this is often the case; children must die, that

family doctors may not be offended. So many a father submits to be slowly poisoned, nay murdered, fearful to offend the doctor of his club, the source from which he draws his miserable pittance, that feebly offers the means of existence to his poor family whilst he his sick.

TREATMENT.—The vapour bath, emetic and mixture, found under consumption. The cough, with children, may also be much benefitted by the use of slippery elm tea, or the cough jelly. (See Index.)

When the inflammation is very acute, and the symptoms violent, a mustard plaster may be applied on the chest till the skin becomes reddened.

CONSUMPTION.

OF all the diseases that cast the dark pall of untimely death over the hapless children of civilized man, none, according to the annual records of mortality, are equal as to the extent of its yearly victims, or its complete fatality, to that of consumption; and there is none, perhaps, whose exposition when fully entered upon, will more completely lay bare to public view the incapability, not to say in many instances, culpability of the common practice, estimated according to the ample declarations of the most eminent members of the medical profession. Indeed this is so far notorious, that the disease has been justly called the "opprobrium of the faculty."

MAGENDIE, who as an authority in physiology, stands amongst the brightest lights of modern science, declared, during one of his lectures on the nature of the blood, upon making reference to this disorder, thus:—

"Look at consumption! There is an affection which you see day after day cutting off individuals of every age, sex and rank, yet none has been more carefully studied upon the *old* plan, none has proved a more fruitful source of dogma and disquisition. Eminent observers have described all its phenomena, even to the minutest details; but what is all this description but so much natural history? Will it throw any light on the treatment of the affection? Not a particle." Although this eminent author has briefly expressed the whole truth; yet, in a matter so important, I shall not adduce him alone to prove my assertion regarding the faculty, and their ignorance of a proper treatment of this disorder.

In "Hooper's Medical Dictionary," it will be found that (tubercular phthisis) consumption, with ulcers, is an incurable disease. "There is no instance on record of extensive tuberculous affections of the lungs, from which the patient has recovered." Certainly not by the old treatment; but we have yet to examine the new, when placed in comparison. Again, in "Thomas's Modern Practice of Physic," page 545, the following is stated: "An insulated ulcer of the lungs, whether arising from inflammation of the bronchial membrane, the rupture of a blood vessel, or deep seated suppuration, may, and does indeed sometimes, even under circumstances apparently hopeless, admit of a cure; but that a recovery can be permanently established, when the substance of the lungs is studded by tubercles, in a state of suppuration, or proceeding rapidly thereto, would require more confidence in the powers of nature and art than they are entitled to. The unkind nature of the secretions of the ulcers, their numbers, their inaccessibility to direct applications, the impossibility of excluding the atmospheric air from them, or obviating its influence, and lastly of preserving the morbid lungs in a state of quietude, constitute a chain of circumstances through which the arm of science, how-

ever able, will never break." Now, this is the fact, if the arm of science is always to consist of poison and depletion, injurious even if employed on the healthy, and which is science only in the certainty with which such a plan must destroy the sick. But let the reader not yet despair, but judge of the consistency of the old system, by the contradictions of its professors.

"So completely at variance are all great medical authorities," says Dr. Dickson in his "Fallacies of the Faculty," "that I do not know a single disease in which you will find any two of them agreeing." Take the subject of pulmonary consumption for example:—

THE CELEBRATED	THE EQUALLY CELEBRATED
Dr. Stohl attributes the frequency of consumption to the introduction of Peruvian bark.	Dr. Morton considers the bark an effectual cure for the disease.
Dr. Reed ascribes the frequency of the disease to the use of mercury.	Dr. Brillonet asserts that it is only curable by mercury.
Dr. Rush says that consumption is an inflammatory disease, and should be treated by bleeding, purging, cooling medicines, and starvation.	Salvadori says it is a disease of debility, and should be treated by tonics, stimulating remedies, and a generous diet.
Galen recommended vinegar as the best preventive to consumption.	Dessault, and others, assert that consumption is often brought on by a common practice of young people taking vinegar to prevent their getting fat.
Dr. Beddows recommended foxglove as a specific in consumption.	Dr. Parr, with equal confidence, found foxglove more injurious in his practice than beneficial.

Who can wonder at the failure and uncertainty in the practice of physic, when such is the conflict of opinion amongst the professors, on this one disease? Opinions not merely differing in some small degree, but which, upon first principles, are as opposite to each other as light from darkness. What hope can a patient have at the hands of men so evidently lost for the guide that a true and rational principle would give?

It will be next interesting to enquire, as they are confessedly ignorant of a remedy, how they act in society, when called upon to administer for this disorder. For, notwithstanding these sad confessions, the doctors and surgeons will physic while patients can pay, though the very medicine, consisting of poison for the chief part, is better calculated to produce, or aggravate the disease than cure it, and thus hasten the sufferer to the tomb. This is its general tendency, until the doctor's conscience, or his dread of the loss of credit in his neighbourhood, arrests his hand and prompts him to send his patient off to expire at a distance; then comes the last notable advice—"*a warmer climate*," or "*nothing but change of air*," can do any good. The patient is told to go to some fashionable watering place, in fact to go anywhere, so that he may not die on the doctor's hands, to his discredit.

But what is the conduct pursued, when there is no pay to be got? How is it with the poor who apply to the hospitals, there being here no temptations to tamper? There the common opinion of the faculty that no cure exists, is carried into practice. Why it is but three or four years since that consumptive patients were told at the London hospitals, in reply to their applications to be admitted, that the hospitals were established with the view solely to the cure of diseases. That when cases were found to be incurable they were turned out, and as pulmonary consumption was an incurable disease, such cases could not be taken in.

The practice of this conduct became so notorious, and the number of helpless and hopeless without an asylum so great, that at last it excited the humane to do something to furnish a receptacle for this disease ; so that if no cure could be found, at least justice or charity would provide that there should be an asylum, supplying food and shelter to the hopeless, while waiting the friendly stroke of death.

A society was accordingly formed, and the statistics which that benevolent society published in appeal to the public for support, not only impart to the reader confirmation of the facts above stated, the fearful extent of the malady, but the vast importance which would attach to a remedy (if such could be found) to stop the torrent of the disease.

" From the fourth annual report of the 'Hospital for Consumption and Diseases of the Chest,' at present located near the Royal Hospital, Chelsea, and of which his Grace the Duke of Richmond is president, the following alarming, yet statistical facts, may be gathered :—Of the 60,000 deaths which occur every year in England and Wales, from slow and lingering diseases, about 36,000 are probably due to pulmonary consumption.

One-ninth, therefore, of the total mortality at all ages, and more than one-fifth of the mortality of adults, is due to this cause ; and as the duration of the disease, taking one case with another, is about two years, it follows that about 72,000 persons are constantly suffering from consumption, being at the rate of four persons in every thousand of all ages, and eight in every thousand adults. Again, of the 45,000 deaths occurring every year in the metropolis, about 5,600 or one-eighth of the total mortality of the metropolis at all ages, and little less than one-fifth of the mortality of adults, arises from this fatal disease ; and upwards of 11,000 persons, being about one in 170 of the entire population of the metropolis, and more than one per cent. of the adults, are constantly wasting away under the attacks of

this lingering malady. Of these 11,000 cases, about three-fourths occur in males, of whom a large proportion are working men, who are unable to provide for themselves and families, SYSTEMATICALLY EXCLUDED from our general hospitals, and uniting in their own persons every conceivable claim to sympathy and assistance. It may be well to add that many, very many of these poor sufferers, are the acknowledged victims of unventilated workshops, ill-constructed dwellings, vitiated atmosphere, long hours of work, and the want of open places for exercise and recreation; so that they may fairly claim from their richer brethren, not sympathy only, but COMPENSATION for the injury which their neglect has inflicted upon them. To all who have either felt the power of the destroyer, or who have reason to fear his attack—and what family throughout the country has not had sad experience of his presence?—an earnest appeal is now made, in the full assurance that those who give their support to this institution, will combine the work of mercy with that of justice, and aid in furthering as many important objects as are found united in any charitable institution."

Now what is the reason the faculty have so signally failed in this disorder? Is it for the want of any one advantage to be obtained from learning or science? For want of encouragement from the public, or support from government? No! for they have both these, to say nothing of their exclusive monopoly and licence to treat as they please all the sick of the country. Neither is it that their materia medica is without resources. No; but rather it is because they are without a TRUE THEORY on which to employ these advantages. As Dr. Dickson remarks, they have never discovered the true principle upon which medicine acts upon the living system: but with all this bigotry to old notions and their ill success, do they venture to declare that nature furnishes no remedy, or that she recovers not from this disease under any circumstances; on the contrary, however un-

successful the faculty may be in the treatment of consumption, there are ample proofs that it is a curable disease, furnished even by the faculty themselves. Dr. Parr remarks, that he has known six cases of decided consumption to recover spontaneously, that is, without medical treatment. Laennec, in his work on diseases of the chest, acknowledges that it is not beyond the powers of nature to effect a cure, although he confesses there are no certain means of accomplishing it by art: he made a *post-mortem* examination of five persons, who died of other diseases than consumption, and in every instance cavities, or tubercular excavations, were found cicatrized, and for the most part lined by a semi-transparent membrane, adding testimony to the opinion, that nature does sometimes exert a curative process, in cases of consumption, which were apparently hopeless. These facts, and a number of others of the same kind, that might be brought forward, prove most incontrovertibly, that though art has hitherto failed, nature has at times performed a cure. Now, it is the more surprising, that this has not yet suggested to the faculty a more uniform theory, or at least pointed the way to a sanatory treatment, at once aiding all the powers of the constitution, instead of depleting and poisoning with a speculative view of correcting functional or organic disorders. A cure cannot be wrought of this (comparatively most difficult disease) but by assistance being afforded to that self-defending, recuperative power of the whole system, called vis medicatrix naturæ. Now, the Thompsonian theory and practice, of removing the obstructions, and accelerating the powers of nature, by a diffusion of heat through the system, is pre-eminently calculated to afford this very kind of assistance. A perusal of the life of its founder, will show how successful he was in its application to this deadly malady, in a number of cases abandoned to die.*

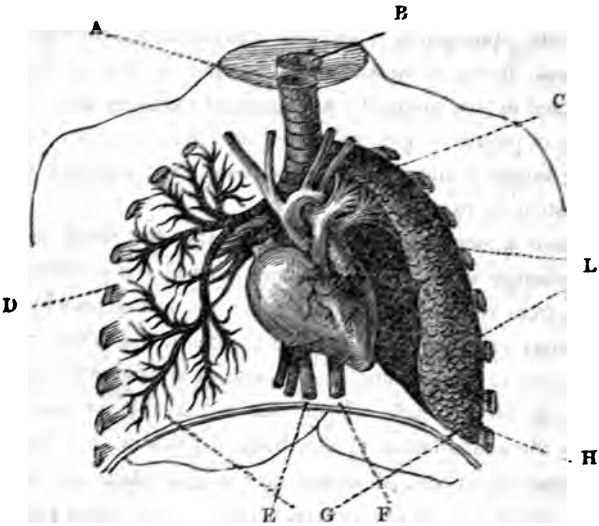
* Page 61.

In order to lay before the reader a correct view of the nature of the disease, its various causes, to show how the lungs, the chief organs, are affected by it, to demonstrate why and how the new system gives relief where others have failed, we must first necessarily describe the construction or anatomy, of this part of the body.

I consider it will prove of much advantage to the reader to be made acquainted with the nature and functions of the respiratory organs, and the vital relation they bear to the whole animal economy, with a view to direct the mind to the seat of disease, and thereby facilitate the judgment on the peculiar mode of treatment proposed. Not only so, but also to suggest those necessary precautions against many erroneous habits of society, which either thoughtlessly expose those organs to danger, or interfere with the due fulfilment of their important office. In order to save time and spare much recapitulation, it will be here remembered, that when describing the functions of digestion, the food was there traced through its various stages of progress, until it arrived at that which is termed sanguification, or the conversion of the digested food called chyle into blood. A reference to the account of this process, and pursuing the circulation of the blood to its completion, will be the means that will best convey to the reader's mind an understanding of all the vital operations of respiration involved in the action and functions of the lungs. Through these organs not only is performed all that is commonly perceived in the action of breathing, supplying the voice, &c., but it is upon their silent and hidden elaborations, that vitality is dependant. Into the lungs the whole blood of the body is constantly entering, and in the delicate lining of the air cells the new matter becoming blood undergoes completion, and the old venous blood purification. The reader has seen under the head of digestion (page 133), how the food becomes chyle, and is ab-

sorbed from the intestines by the lactea's. These lacteals, converging into one trunk, the thoracic duct (so called from its course lying through the thorax or chest), terminates in the vein under the collar bone, hence called the subclavian vein, just before it reaches the right side of the heart. There the chyle is poured into the general current of the venous blood on its way to the heart. It will be here proper to explain that there are two distinct kinds of blood in the body, the one called the venous, the other the arterial. These form a striking contrast to each other, in every particular of their nature, for while the arterial is a beautiful bright vermilion colour, filled with every element necessary for the growth or repair of every organ of the body, endowed with all that constitutes vitality, the venous blood is a thick, dark, purplish fluid, possessing no good quality, but is loaded with the dead and cast off matter of the whole system. While the venous blood is proceeding from the surface and extremities, and indeed all parts of the body, on its way through the veins towards the heart and lungs, to part with its foulness, the arterial blood is passing from the heart to all the organs and extremities, pregnant with nutrition, to repair injuries or to give succour wherever there has been waste or exhaustion demanding its renovating powers. But to serve our purpose best, we will follow the chyle which is now commingled with the venous blood. We find that both the new and imperfect material, with the old and impure together, pass into the subclavian vein, and gradually unite into one or the other of the two great channels, called the inferior and superior venæ cuvœ, the inferior collecting from all the veins above the heart, and the superior from all the veins below it. Both these large vessels bring the blood into the upper cavity of the heart, on the right side, called the right auricle.

The heart, as will be seen by the diagram,



A, the trachea or windpipe. B, the œsophagus or food pipe. C, the aorta and pulmonary veins. D, the bronchi stripped of the tissue of the lungs. L, the complete lung. H, the cut ends of the ribs. G, the diaphragm or midriff. E, the vena cava. F, the descending aorta.

is situated between the lungs, and its interior is divided into four chambers, two of the upper on the right and left are called auricles; those of the lower, which are larger divisions, are called ventricles. From the contraction or drawing together of the right auricle, the blood passes downwards into the right ventricle beneath it, a valve closing against its return. The ventricle now contracts, drawing the blood up the vessels called the pulmonary artery into the lungs; this artery again divides and subdivides into innumerable minute vessels, conveying the dark venous blood into the delicate membrane of every air cell at the time that the breath is inhaled. The lungs are inflated by the atmosphere being conducted by the branches of the

windpipe in every direction throughout the lungs. The air in a moment fills every cell, and it is at this instant that the oxygen of the atmosphere is received into the blood, through the thin tissue lining of the air cells. Neither is this all that is performed in that moment; an important exchange is made, a volume of poisonous gas, called carbonic acid, together with a watery vapour is liberated from the blood, and expelled from the system by exhalation.

Thus in a moment, in reality in a breath, the blood in the lungs changes its character, becomes purified and perfected, is turned from venous to arterial blood. It now returns by the pulmonary veins from the lungs to the heart, not to the right auricle but to the left, and this process or arterialization is repeated at every breath. Upon this remarkable process not only is the nourishment of the body dependent, but by the absorption of oxygen all animal heat is generated, and maintained through the entire system, manifest in the genial warmth of complete circulation. Arrived at the left auricle the blood descends through a valve into the left ventricle, which, contracting even more powerfully than any of the former contractions, drives it over the arch of the aorta (arch of the main and central artery). From this there are branches which convey it to every part of the body, multiplying and increasing as they advance, conveying this vital fluid into all its innumerable channels, to fulfil the various purposes already described, and renovating the substance of every structure from the elastic muscles to the solid bones, the delicate tissues and sensitive nerves. Thus it will be seen by this brief sketch, that whatever interferes with the lungs, either by obstructing their free action by external pressure, by corrupting the air which they inhale, or by sudden cold contracting their vessels, must inevitably diminish not only their powers, but by impoverishing the blood, reduce the energies of the whole constitution.

It will also be understood that our substance and strength are dependent not merely upon we eat and drink, but in a great measure from what and how we breathe. Now, whatever will impoverish the blood, will give rise to disease, which will become apparent in some locality of the body, and in no part of the system will it prove of a more decided and dangerous character than when seated upon the lungs themselves. While tracing the blood through its various changes, we have as yet only directed the attention to the interior of the lungs; we have now to view their exterior, their shape and situation, previously to speaking of the disorders to which they are subject.

The lungs are two large spongy bodies, occupying the cavity of the chest or thorax; they are suspended from the neck by means of the trachea or windpipe, and consist of two portions denominated right and left, which are separated from each other by a membranous curtain called the mediastinum. This curtain stretches from the spine to the sternum, or centre of the chest, and thus divides the chest into two complete cavities, leaving no communication between the right and left lung except through the medium of the wind-pipe, which is common to them both. The lung in the right cavity of the chest is divided into three lobes—that in the left into two. The shape of the lungs corresponds with the cavity they fill, being rounded next the ribs, and concave where they rest on the arch, formed by the muscular partition which separates the chest from the abdomen, called the diaphragm. The lungs are covered upon the outer sides by a serous membrane termed the pleura, which also lines the thorax, being reflected, that is, one surface being placed opposite the other. The pleura of the outer surface of the lung is in contact with that which lines the inner sides of the thorax, both being kept moist and free from friction by a beautiful slimy fluid secreted from them, making

the surface of each so smooth as to glide insensibly over the other in every act of inspiration.

The substance of the lungs consists of four kinds—viz., the vesicular, vascular, bronchial, and parenchymatous.

The vesicular is that substance which is composed of the minute air cells.

The vascular invests those cells like a net-work. The bronchial consists of the branches of the windpipe ramifying the lungs in every direction, and terminating in the air cells. The parenchyma is a spongy substance which connects all these parts together. The windpipe through which the air passes into the lungs, divides into two lateral branches ; these are, the bronchia, seen in the diagram to divide and subdivide into an immense number of little tubes, constituting the air passages of the lungs on their way to the air cells. These cells are lined with a delicate mucous membrane, which is plentifully supplied with minute blood-vessels. This membrane is continued throughout the air passages, and has been estimated by Keile and others to be equal in extent to 21,906 square inches. Hence it will be seen that the lungs are capable of containing a large amount of air. The quantity which enters at each inspiration is said to be about 40 cubic inches, and an equal quantity is given out at every expiration. Thus, if there are 20 inspirations in a minute, which are rather more than the average number, the quantity of air that would enter and pass out in this time would be 800 cubic inches, and in the same ratio it would amount to 48,000 cubic inches in an hour. The surface of the air cells is said to equal the whole surface of the body, which may serve to show what a volume of air is inhaled at every breath, and the effect of good or bad air on health. It is computed that the lungs consume a gallon of air per minute. The air breathed is returned loaded with watery vapour, which is calculated to amount to nearly twenty ounces in a day.

The lungs then may be compared to a bellows, which expands by every inspiration, by inhaling the air, and collapses by every expiration, by forcing the air from it; and it is in part owing to this constant motion that they become more difficult to heal when diseased than other organs.

The reader having made himself acquainted with the construction of the lungs, the office they fulfil, and their situation in the body, will at once understand, how any obstruction in ANY COMPARTMENT of these organs, must, by ceasing to admit air into the air cells, deprive the blood of its DUE amount of oxygen, thereby diminishing the animal heat of which the oxygen is the agent and chief origin; and causing a loss in the natural stimulation and energies of the whole system: obstructive matter accumulates more or less in every disease of the lungs, by a vicious secretion of phlegm on the mucous lining of the windpipe, as in bronchitis and humid asthma, and even in fact by the phlegm generated by a common cold; yet it is never so bad as that occasioned by consumption, where ulcerated tubercles having broken, and discharged their purulent matter one into the other, the collected mass has filled the air cells, festering and blocking up large portions of the lungs themselves. The causes of consumption are various, but it shall be my care to point out the most prominent, in order that danger may be avoided; more than half of these consist of the same causes that would produce a common cold in a healthy or robust individual, and which by being repeated or neglected on a delicate one, become the forerunner of the disorder; perspiration being checked upon the surface, is thrown from the skin inwardly, in the form of extra secretion of humid matter, in the centre of the body, upon the bowels, but more often the morbid fluids are determined wholly to the lungs, and appear as phlegm.

There are also certain diseases which predispose the system to this disorder, especially if contaminated with mineral poisons,

such as mercury, opium and nitre, given in the measles, small pox, all kinds of fever, and in venereal complaints. But still more frequently is it derived from bleeding to reduce inflammation, more especially inflammation of the lungs; hundreds recover from an attack of this for a short time, but to linger out a more miserable and protracted approach to the grave by consumption.

Many employments produce the disorder, such as those which expose the workman to damp or dust, unwholesome air, the fumes of chemical operations, wherein are employed arsenic, lead, sulphurs, &c., and where gas is burnt in close situations; it may also arise from great anxiety, or close application to study, without using proper exercise, frequent and excessive debaucheries, and drinking freely of strong liquors; great evacuations, as in diarrhœa, diabetes, excessive venery, fluor albus, immoderate discharge of the menstrual flux, and the continuing to suckle too long under a debilitated state: intemperance in living, and folly in dress, contribute to cause this disease; thin dress, tight lacing, till a female can hardly stand or breathe; one minute in a heated room or crowded assembly, in a state of perspiration, the next, in extreme cold air; a cough follows, is badly treated or neglected, tubercles are formed, and consumption becomes established.

The symptoms accompanying consumption, in its first or incipient stage, are so like those exhibited in slight cases of bronchitis or asthma, that it generally gives rise to much speculation ere it be decided whether tubercles are yet formed, or whether an ulcer has broken in the lungs: in the first place the cough becomes habitual, frothy phlegm is spit up, the breathing becomes impeded and short upon the least exertion, a sense of tightness and oppression of the chest is felt, the body becomes gradually leaner, with great languor, the voice frequently becomes changed by falling to a whisper or hoarseness: in this state the patient often continues a considerable length of time,

during which he is, however, more readily affected by slight colds and upon one or other of these occasions, the cough becomes much more troublesome and severe, particularly at night, whilst the expectoration is greatly increased towards morning; by degrees the matter which is expectorated, becomes more viscid and opaque, being on many occasions streaked with blood: in some cases, a more severe degree of bleeding at the lungs attends, and a considerable quantity of florid frothy blood is thrown up, the breathing becomes more difficult, and the emaciation and weakness are increased: at a more advanced period, pain is felt on one side, which prevents the person from lying on that side, and even where no pain is felt in the side, it often happens that the patient cannot lie as easily on one as the other side, without a fit of coughing being excited, or the difficulty of breathing being much increased: the pulse at this stage will be found to be full, hard, and hurried, at the same time the face flushes after eating, and at other times is sallow, pale and dejected, the palms of the hands and soles of the feet, are affected with a burning heat; the urine is at this time highly coloured, and generally deposits a branny, slimy, red, sediment; the tongue is beset with aphthæ or canker, and there is a blue or pearly whiteness of the eye; the bowels are usually costive, but in more advanced stages a diarrhœa often comes on; cold, clammy, sweats break out in sleep towards morning, followed by greater debility; in the last stage of the disease, the emaciation is so great, the patient has the appearance of a walking skeleton, his countenance is altered, his cheek bones are prominent, his eyes look hollow, the feet and ankles swell and burn with pain, but become cold a few days before death, which is generally preceded by diarrhœa.

From what has already been described, the reader will learn that what distinguishes consumption from all other diseases of the lungs, is the formation of tubercles; these are formed by the disease, and swelling of minute glands, situated in the tissue

lining the air cells : it is the office or these glands to secrete a mucous fluid, which in health may be said to be the oil that saves all wear and friction to that ever acting machinery, the breathing organs ; but when severe cold is taken by a check being given to perspiration, this secretion is diseased and much increased, becomes phlegm as formerly described, and instead of facilitating the breathing, becomes an obstruction to it, a cough is then excited, which is but an effort of nature to throw off the obstructive matter, but when this power is insufficient, or the cough, for the immediate comfort of the patient, is suppressed by opium, or any of its many treacherous preparations, this obstructive matter not only remains, but increases the inflammation and swelling of the glands, until they have become tumours or tubercles, which in the incipient or early stage, are not larger than fine shot, but which finally increase and become as large as a nut ; they often exist in clusters, and if numerous, run into each other, forming hard yellow masses like cartilage ; when any of these soften and break like ulcers, they discharge great quantities of matter and sometimes blood, and although much of it is expectorated from time to time, yet what remains in the lungs is sometimes such an immense quantity, that when the mass is seen, the wonder is, not that the patient could not breathe better, but that he could breathe at all with such an accumulation.

Now one of the first and most striking advantages seen in the new system of treatment over that of the old, consists in the facility it affords of removing this mass of filth, as the founder of this system expresses it, by removing obstruction ; and in no disease is it more useful and obvious than in this—by emptying the lungs of this foul accumulation ; in fact, SIMULTANEOUSLY VOMITING THE LUNGS WITH THE STOMACH. What ! vomit the lungs ! the faculty will exclaim. Nonsense ! impossible!—and then, with the same

sneer of scepticism that it is the fate of all new things to be opposed by, they will proceed: "If you could only do that, then there would be at least a chance for the cure of consumption. Could we see some but relieve these internal ulcers of their purulent matter as we do those formed upon exterior parts of the body, by removing the pus as fast as it is formed, the disease might then be arrested, and cured under favourable circumstances."

No medicine, that has as yet been employed by the old practice, has ever had the least effect towards this most desired object; but other means have been attempted, notwithstanding that the experiments have proved as fatal as the disease. In order that the reader may judge of the value of the Thompsonian discovery in removing this matter, I will describe one or two of the schemes resorted to in the old practice for the same purpose:—first, then, there is COUNTER IRRITATION, not only by blisters, but by the rubbing in, over the regions of the lungs, the tartarized antimony, drawing the chest into pustules—setting up an artificial disease to cure a natural one, by detracting the morbid tendency of matter in the interior to the surface: next, the moxa, consisting of a small cone of cotton wool dipped in spirits, placed below the sternum, and set on fire; this, burning down, blisters and wounds; the sickening agony occasioned excites the lungs to convulsive throws, by which they emit some portion of the obstructive matter: then comes experiment the last, and not the least desperate—that of making an opening direct into the lungs, dividing the ribs, cutting through the pleura, and by the insertion of an instrument, fairly pumping out the purulent mass. This is horrible in the extreme, and the question may be asked, how any one could submit to such a trial? This question may be answered by asking another: When the poor are by the power of the law delivered over to the

LICENSED, how can they resist, however cruel, the experimental murder ?

TREATMENT.—Now comes the first agent described in Dr. Thompson's Materia Medica, and whose peculiar medical virtues were discovered, successfully tried, and published by him as a boon to the world. he lobelia inflata, acting as an emetic, discharges in a wonderful and almost unaccountable manner the whole accumulated matter and phlegm from the lungs, at once sparing the victims of disease all the agony suffered in those cruel and abortive experiments, tried by many other remedies, and removing, what is confessed to be, one of the greatest obstacles in the way of cure ; this it does too, often with less disturbance than is frequently occasioned by a fit of coughing. It not only can be safely given to persons of all ages, and in almost every condition, but it can be repeated as often as the matter accumulates, evinced by the difficulty of breathing ; while in the mean time, the acid tincture of the same, by milder action so aids the expectoration, by easing the violence of the cough, that it relieves the breathing, and keeps the lungs clear at times entirely, after the previous operation of the emetics.

It will now be proper to proceed to the details of the new treatment in this disorder, the whole of which in every particular must consist of aid, and must support a renovating process, not only directed to one organ, the seat of disease, but to all.

This intention, therefore, must be kept in view with regard to the entire system, and it must be accompanied by a watchfulness, that would remove all obstacles, such as may have been contracted in the daily habits, for example, smoking, indulgence in strong drinks, living upon indigestible food, sleeping in an unfavourable room, or living in a damp or close confined situation ; for this disease, acknowledged to be incurable in the old practice, is also the most difficult we have to encounter in the reformed treatment, and it is only by strict adherence to the

principle in every point of view, that we can hope to be successful. These hints being remembered, the medicine must be prescribed with the view of carrying out the great principle of raising the energies by a diffusion of warmth through the circulation; hence, cayenne must be combined with the tonic and astringent bitters: I usually give these for the *first few days*, to prepare the system for the emetic; the more especially if the system has been reduced under the old practice; which I often experience, from the use of ether, or nitre, depressing and cooling, and causing a sense of chilliness throughout the frame. If such be the case, perspiration must be the first thing restored; to effect this, either the composition powders, or spiced bitters, may be taken, in the usual dose of a tea-spoonful four or five times a day, or cayenne and ground ginger in equal portions, in raspberry leaf or angelica tea, may serve in the absence of the former articles. Pills No. 2, from three to six per day, will also aid in raising the heat, and are preferred by many, who object to the pungency of the cayenne. The hot brick, or water bottle, wrapped up in a cloth wet with vinegar, should be placed at the feet in bed at night, to complete the circulation. When perspiration is restored, the emetic should be given: a dose of composition or cayenne should always be given fifteen or twenty minutes previous to the emetic, in order to sustain the energies of the stomach and lungs under the operation. In ordinary cases the emetic may be prepared as already described, but where there is great debility, the following is found to be the best mode of administration.

Take a large table-spoonful of bayberry, or No. 3 powder, and an even tea spoonful of cayenne; pour on half a pint of boiling water, and then add a tea-spoonful of nerve powder; when it settles, strain it, and whilst warm, add four tea-spoonfuls of lobelia powder; sweeten with honey or treacle. This may be taken at once, or at intervals of fifteen or twenty mi-

nutes. The stronger the bayberry tea, the more easily will the emetic operate. Drink should not be given to promote its operation, till after vomiting has commenced; this may be in five minutes, or not till after the lapse of an hour, and it is much better that it should remain in the stomach for this time. When its operation is felt, it should be promoted by warm teas, made either of vervain, raspberry, or bayberry, with cayenne, which should be given freely. During the operation of the emetic, the patient should be kept warm by a fire, shielded from the air by a blanket, and his feet should be placed upon a hot brick, or in hot water.

The next object for consideration, is, the best combination of tonic bitters, to suit the various symptoms, indicated at times in this disorder. White bitter horehound, is a herb, which, on account of its well known expectorant nature, is most excellent in all diseases of the lungs; and although other herbs are found useful combined with it, to promote digestion, and purify the blood; yet here this should take precedence of all others in the decoctions, the first of which should be made thus;—

Take as much horehound, as can be thrust into a saucepan or pot, containing two or three quarts of water; this should be covered and made to simmer two hours, then take the bunch out, drain out the liquor, and again add to it a handful of each of the following herbs:—horehound, hyssop, penny royal, ground ivy, and an ounce of bayberry bark; let these simmer the same as the former, strain off, and while hot add to each pint

Cayenne pepper.....a level tea-spoonful
Honey or Spanish juice .....two drachms

When cold, pulverized carbonate of ammonia, a tea-spoonful. Dose, increasing from half, to a full wine glass, four times a day.

The ammonia should never be omitted except in cases accompanied with diabetes. Let this formula be continued for a

week or two, or in fact as long as it appears to improve the health of the patient; should it appear to have lost its effect, it may be changed by retaining the horehound, cayenne, Spanish juice, and ammonia, and exchanging the other herbs for these:— vervain, coltsfoot, agrimony, raspberry leaves, two ounces of poplar and one of peruvian bark. Should the patient expectorate blood, the last mentioned herbs with the exception of the horehound, should be exchanged for those of cranesbill, comfrey and oak bark, given in a strong decoction, to which tincture of myrrh may be added, in the proportion of half an ounce to a pint. Dr. Comfort, in his Thompsonian practice, reccommends a decoction of bayberry and sumach berries; also the LOBELIA EMETIC given in a full course, proves the most certain remedy for bleeding at the lungs, by equalizing the circulation: such I have found to be the case. Dr. Chapman, of the reformed practice, declares, that "more than thirty years' experience has convinced him that emetics are the most effectual means of checking bleeding from the lungs; rarely failing, and no danger attending the operation, when under the direction of a judicious practitioner." Persons (says Dr. Comfort) not in deep consumption, who are liable to attacks of raising blood from the lungs, will, by taking an emetic or full course of medicine, as soon as there are symptons which indicate approaching hemorrhage, in most instances be spared the bleeding; and this will not only be a means of preventing hemorrhage at the time, but will also prove the most effectual means of restoring the general health, and thus remove the predisposition to raising blood. Common salt is a remedy generally resorted to for spitting of blood, which, together with placing the feet in warm water, will sometimes be successful in stopping the bleeding.

Should the bowels be loose or any symptoms of diarrhœa present themselves, a strong decoction of tormentil must be drunk freely, as a tea made from both the herb and root, bruised or

pulverized : it should be well boiled and strained, and half an ounce of simple tincture of myrrh, or No. 6, added to a pint of the decoction. If the purging does not abate, the same articles with half a drachm of prepared chalk, should be given warm as a clyster. So efficacious is the tormentil and myrrh thus combined, in checking every kind of diarrhœa, that out of some hundreds of cases I do not recollect one in which it has failed to check the disorder from whatever cause it had proceeded : not excepting the last stage of consumption, where this alarming symptom is generally the forerunner of death ; but it sometimes appears in the earlier stages, when every effort should be made to check it ; for which also, see the prescription for dysentery, page 168, which can be resorted to for the same purpose.

TORMENTIL (TORMENTILLA ERECTA).

Having arranged the bitters, I would, however, observe that any of those found in the materia medica of Thompson, will be found useful in combination, or as changed in the decoctions

recommended ; but whichever are chosen for the various purposes of assistance to the functions for increasing the appetite, digestion, &c., or to suit the peculiar symptoms presented in the disorder, the lobelia as an expectorant, must never be omitted.

Although the acid tincture given in a dose of one tea-spoonful night and morning, is the general form to administer it, still it requires modification, to suit all individuals : generallly speaking, if a larger quantity, or more frequent doses, be taken without producing enough nausea to retard the appetite, the better.

I have mostly found adults capable of taking the simple preparation of page 83 in doses from one to three tea-spoonfuls : the vinegar or syrup of lobelia, page 86, will suit some better ; to others these are particularly objectionable : should this be the case, the following syrup will be the best substitute, as it is always found to be for children, and most efficacious for coughs of every kind.

Take of

Good West India molasses, free from sediment ..one quart
Strong acid tincture of lobelia.....six ounces
Essence of spearmint.....half an ounce

Dose, a tea-spoonful more or less, to suit the patient.

It will be proper to observe that these cough mixtures are not given for the purpose of STOPPING the cough, which is sometimes the avowed object and effect, of nearly all the advertised cough nostrums of the day, compounded chiefly of the deadly drug opium. These treacherously suppress the effort of nature to cast off diseased matter ; the patient often purchasing peace at the expense of a loaded chest, shorter breath, and almost certain ruin, in consequence of the accumulated phlegm.

Contrary to this, the lobelia tinctures are the most powerful expectorants ever discovered : by seconding the efforts of nature, in bringing up the phlegm and matter, they at once help to clear the lungs, relieve the breathing, and without suppressing, reduce the violence and shorten the paroxysms of the cough.

COLD NIGHT SWEATS.—This symptom, so weakening to the patient, can be cured by rubbing the skin night and morning, with a coarse towel, dipped in and wrung out from a stimulating mixture made thus :—

Take of

Hot vinegar .....one pint
Hot water .....one pint
Salt.....one table-spoonful
Cayenne ....one tea-spoonful

To be used cold. This is seldom known to fail, not only to check the cold perspirations, but to brace up the muscular system and refresh the patient.

DIET.—The most nourishing kinds of food should be used, such as eggs, custards, &c. Meats should be eaten underdone, avoiding veal, pork, and all food fried in fat, or saturated with butter ; new milk is particularly beneficial.

TESTIMONIALS to the success of this mode of treatment :—

It is the common practice of most parties producing testimonials to the curative powers of their peculiar remedies, to overwhelm the reader with the number of their successful cases ; I too might have done this, and have swelled the book and astonished the public ; but I much prefer only one or two good and EXTRAORDINARY CURES, WELL AND RESPECTABLY ATTESTED, and as a proof of the correctness of this theory, and the success of this mode of practice, the following are given : ALL the parties mentioned are now living, and ready to confirm the facts, if applied to ; while at this moment I have a letter lying before me from the mother of the first patient, who says, "Our Hannah has grown both stout and strong, she eats well, and sleeps well, and I could not tell you how well she looks ; her health is better now than I have ever known it to be since she was a child."

"Wigan, February 3rd, 1847.

"SIR,—For the benefit of all suffering in consumption, I feel that I ought to make known the extraordinary and perfect cure of my daughter, through your treatment. After being ill, and suffering great languor and debility, so that she was often obliged to be off work for three days together, from April to the 10th of September, 1845, when she became much worse, and gave up work altogether, I took her to a doctor, who was considered to be eminent in his profession. He said that she was in a consumption, and suffering also from her age, being in her fifteenth year. He gave her two emetics and other medicine. She began to have great pain at the chest, and to swell in her legs; but had at this time a good appetite. The doctor said that she might eat whatever she liked. He ordered her to go into the country for a fortnight. She went to her aunt's, at Billinge, but returned much worse. He now ordered her to drink porter and wine, and eat as much bacon as she wanted. She stayed at home a month, when by his orders I again sent her into the country for a fortnight. But when she had been there twelve days, her aunt sent word that she had grown much worse. I went to the doctor and told him. He said that she must stay a month longer, and sent more medicine. I sent this message. But the day after she became so much worse, that they got a conveyance and sent her home. They were afraid that she was dying during the night previous. I was quite shocked when I saw her; she had become so much worse. I went to let the doctor know. He came, said that she was much worse, and seemed puzzled what to do with her. But he still continued to attend her, and she still grew worse, till at length I made up my mind to ask him if he could do her any good, and how soon he could have her at work again. He shook his head, and said, 'not before Christmas, if she ever worked again. She is far gone

in Consumption.' This was in February, 1846. I had paid for his medicine and attendance as I had them; so I left him, and went to another; he also said that she was far gone in consumption; but that he would try his best to bring her round. She was under him three weeks; and every time that she took his medicine we expected her to die. She still kept growing worse, when we heard of your delivering lectures on consumption in this town. She went under your care; and you yourself did not give us much hope at first, for you said it was a very doubtful case, and promised nothing until you saw the effects of the first week's treatment. You gave her, with other medicine, three lobelia inflata emetics at different times. She parted with a vast mass of filth from off her lungs, parts of which were rotten, and swam on the surface of what she threw up; and the smell was extremely offensive. After the last vomit she began to mend fast, and in thirteen weeks she regained perfect health and strength.

"The minister who attended her during her illness, and who attests this statement, thought and said for some time, that she was past all aid of medicine. But, thanks to God, your inestimable treatment has been successful, and she is now in perfect health; and that, I will now tell you, only at the small cost of thirteen shillings and ten-pence halfpenny. She was forty weeks and four days off her work altogether. She is now stout and strong, attends regularly two power looms, at Mr. Eckersley's mill, and has not, since last June, had one hour's illness. Her father and myself will ever feel most grateful to you for the cure, and would be happy at any time to confirm our statement to any enquirer.

"We remain, yours respectfully,

"CHARLES ANDERTON,

"RACHEL ANDERTON.

"No. 12, Adelaide-street, Wallgate, Wigan."

"We certify to the truth of the above statement :—

"W. Roaf, Independent Minister, Wigan, Feb. 8, 1847.

"John Barret, Independent Minister, Wigan, Feb. 8, 1847.

"Thomas Cook, Justice of the Peace, Wigan.

"J. T. Macminn, sabbath school teacher, Wigan.

"Geo. Esplin, watch manufacturer, Wigan.

"Daniel Davies, hatter, Wigan.

"Peter Grant, secretary to the Wigan Temperance Society."

This cure is rendered more remarkable from the fact that several of the family have died of consumption.

PLEURISY (PLEURITIS).

Pleurisy is an inflammation of the pleura, which lines the internal coat of the thorax, and covers its viscera.

Its causes are cold applied to the skin ; sudden and great distention of the pleura in drawing breath ; drinking cold liquors after being heated by violent exercise ; cold, northerly winds ; sleeping without doors, on the damp ground ; wet clothes, &c. Generally speaking, whatever obstructs perspiration, may occasion pleurisy. It may also be produced by drinking strong liquors, or it may be brought on by violent exercise, as running, leaping, wrestling, lifting heavy burthens, blows on the breast, &c.

Symptoms.—This, like most other forms of fever, begins with chilliness and shivering, which are followed by heat, thirst, inquietude, and the other common symptoms of fever. After a few hours the patient is seized with a violent pricking

pain in one of his sides, commonly about the short ribs, which sometimes extends itself towards the backbone, sometimes towards the shoulder-bone, and towards the fore part of the breast; and this is attended with frequent coughing.

The matter which the patient spits up is at first small in quantity, thin, and mixed with particles of blood; but as the disease advances, it is more plentiful and more purulent, but seldom without a mixture of blood. The pulse is remarkably strong, and seems to vibrate like the tense string of a musical instrument; and the blood drawn from a vein, as soon as it is cold, looks more like melted suet. Sometimes there is little or no expectoration, and hence pleurisies are distinguished into moist and dry.

TREATMENT.—A thorough Thomsonian course, followed by the tincture and bitters recommended in consumption, will always cure pleurisy. I have also known it yield in one night to a part of the cold water cure; that of dipping a large coarse towel in cold water, wringing it out, and binding it twice round the chest, with a dry towel over it. Going to bed with this, the hot water bottle to the feet, and a dose of yarrow, and cayenne, or four or five compound cayenne pills, will often effectually overcome the attack.

Old school treatment—profuse bleeding, both from the lining of the chest, and

ASTHMA (ASTHMA).

ASTHMA is an affection of the lungs or the bronchial vessels, generally of a spasmodic nature, that occurs in paroxysms which take place usually at night. It is characterized by fre- [illegible] ing, stric

the chest, and a cough; all which symptoms are aggravated when in a peculiar position. It more generally attacks those of a full or plethoric habit.

When there is a great discharge of mucus from the lungs it is termed *humid;* but when it is attended by little or no expectoration, it is termed the *dry* or spasmodic asthma. It more generally attacks men than women.

Asthma, but more particularly the spasmodic, is brought on by almost everything which increases the action of the heart, and which stimulates and fills the vessels of the mucus membrane. Thus it is produced by intense heat, lightness of air, severe exercise, strong mental emotions, full meals, stimulating drinks, exposure to cold, fogs, or foul air, and by irritation of smoke, dust, or flue floating in the air. Asthma having once taken place, its fits are apt to return periodically, and more especially when excited by the causes mentioned.

TREATMENT.—During a paroxysm or fit of the asthma, the patient must be placed in an erect position, and his feet immediately immersed in warm water, with a view to equalize the circulation, or to divert the blood or humours from the lungs and bronchial vessels. An infusion of sage or penny-royal may be given at the same time, to excite gentle perspiration, which course will soon afford relief. Should the paroxysm, however, be very severe, attended with a sense of suffocation, &c., administer immediately, in a cup of warm tea, an ordinary sized table-spoonful of the tincture of lobelia, to be repeated every half hour if the first portion does not afford relief.

This medicine exerts the most astonishing effects in this complaint (see page 100). It is no sooner introduced into the stomach than the tension and spasm is removed, by dislodging collections of mucus in the bronchial vessels, and thereby giving free admission of air into the lungs; and it is invariably attended with a salutary effect.

Having suspended the paroxysm, the next step will be to effect a radical cure; and this is more seldom done than it might be, for the reason that, asthmatic patients generally discontinue the medicines when they become comfortable. But when the patient wishes a cure effected, he must persevere in the use of proper means. It may be necessary for him to repeat the dose of the tincture or powder of lobelia once or twice a week, sufficient to exeite general vomiting, in addition to the expectorants of the same, like those advised in consumption. The treatment should be similar in its general principle, as the same bitters and tinctures, though these additional hints will be found of peculiar service in asthma.

Let the patient chew and swallow a clove of garlic every morning before breakfast. When the skin feels cold and moist the stimulating liniment should be used; No. 6, or pepper-sauce, should be applied over the surface before going to bed. A plaister of stimulating liniment spread over a piece of oil skin and bound on the pit of the stomach, will have a tendency to prevent the occurrence of the paroxysm. Inhaling the fumes of yarrow and lobelia, boiled in vinegar, will give also great relief.*

During the intermissions, and when the patient is afflicted only with cough, difficulty of breathing, &c., the following medicine may taken :—

*Here I will take the opportunity of mentioning a work that has been lately published by a gentleman in Birmingham, on Consumption and Asthma, which, although it is not in all its parts conformable to the new treatment, still contains a great deal of valuable matter. It is entitled, "Consumption of the Lungs and Asthma arrested and cured, in the majority of cases, by Inhalation and other rational means," by Daniel Carr, M. D.

The system here advocated, namely, Inhalation, or the drawing in of medicinal vapours to the lungs themselves, by means of an apparatus termed an inhaler, has been effectual in the cure of the worst cases, from the immediate access which the medicines gain to the part diseased. In the work above named, all the remedies and plans are given out at length, and fully explained. It is published by Effingham Wilson, Royal Exchange, London.

Take of

Liverwort (hepatica triloba) .....a quarter of a pound
Solomon's seal (convallaria multiflora) .....four ounces
Skunk cabbage (icterodes fœtida) .....four ounces
Common horehound (marrubium vulgare)....four ounces
Blood-root (sanguinaria canadensis).....two ounces

Bruise, and add a sufficient quantity of water. Boil until the strength is extracted, strain, and continue to boil until there are four quarts of the liquid; then add five pounds of honey and half a pint of brandy; let it settle, and it is fit for use. Of this let a win-eglassful be taken three or four times a day. During the time that this is taken, give an infusion of horehound, warm at night, and cold through the day. It will be necessary to keep a determination to the surface.—Dr. BEACH.

DISEASES OF THE KIDNEYS AND BLADDER.

INFLAMMATION OF THE KIDNEYS (NEPHRITIS).

INFLAMMATION of the kidneys is known by fever, pain in the region of the kidneys, and shooting along the course of the ureter; drawing up of the testicles, numbness of the thigh, vomiting, urine high coloured and frequently discharged, costiveness and colic pains. It is symptomatic of calculus, gout, &c.

CAUSES.—The causes which produce this complaint are external contusions, strains of the back, acrids conveyed to the kidneys in the course of the circulation, violent exercise either

in riding or walking, calculous concretions lodged in the kidneys or ureters, and exposure to cold. In some habits there is an evident pre-disposition to this complaint, particularly the gouty, and in these there are often translations of the matter to the kidneys.

SYMPTOMS.—This disorder is characterized by an acute, pungent, or more frequently an obtuse or dull pain in the region of the kidneys, shooting along the course of the ureters, or ducts which convey the urine from them to the bladder, pains in the back, groin, and testicles of the same side, together with a retraction. It is moreover accompanied with bilious vomiting and great debility.

In the treatment of this disease, give the diuretics recommended in inflammation of the bladder, let a loose cloth be dipped in cold water, wrung out, and, folded flat and rather tight, be bound twice or thrice round the loins with a dry cloth over it. Hot bricks in vinegar cloths should be placed at the feet. Three or four of the diuretic pills should be taken, with a good dose of the diuretic tea upon lying down in bed.

Old school practice—blood letting, blisters, opium, &c.

INFLAMMATION OF THE BLADDER (CISTITIS).

THIS disease is characterized by pain in the region of the bladder, attended with fever and hard pulse, frequent painful discharges of urine, with suppression and general tenesmus.

CAUSES.—It is occasioned by an improper use of acrid medicines (such as cantharides), inflammation extending along the urinary channel, permanent or spasmodic stricture, local irritation from the lodgment of a stone, hardened fæces, or a diseased state of the prostate gland, and mechanical injury, as well as by all the usual causes of inflammation.

SYMPTOMS.—Where this disease exists, an acute burning pain, and some degree of tension at the bottom of the belly are

felt, with a constant desire to make water, a difficulty in voiding it, a total stoppage, a frequent inclination to go to stool, much uneasiness and heat, a general febrile disposition.

TREATMENT.—When the symptoms are violent, a partial *course of medicine* should be given, and repeated at intervals of three or four days; between the courses diuretics should be taken, such as a decoction of dandelion, broom tops and poplar bark; boil with a quart of this decoction,

Buchu leaves .....one ounce
Juniper berries .....two ounces
Sumach leaves and berries .....two ounces

Simmer, covered one hour, strain, and take for a dose from half to a tea-cupful four or five times a day.

Should this not prove efficient, take in addition one capsule of balsam of copaiva with each dose of the former

POPULUS (TREMULOIDES).

A poultice should also be applied to the abdomen constantly, till relief is obtained; it should be made by stewing wormwood and tansey in vinegar, thickened with Indian meal or linseed.

Injections into the rectum have a highly beneficial influence over the bladder, allaying the pain, and subduing the inflammatory action; these should be composed of linseed, with half a tea-spoonful of lobelia, macerated and strained. The bowels should be kept rather open and the heat maintained with pills made of cayenne and Canada balsam; from four to eight a day will be a good substitute for the copaiva.

INVOLUNTARY FLOW OF URINE.

When this affection is not a symptom dependent upon any other disorder, or debility in the system, such as gout, palsy, or stone in the bladder, it can be easily cured. Let the patient take a strong tea made of sumach bark leaves or berries, or of the aspen poplar bark. Dose, a wine-glassful three times a day. Every morning, before dressing, the patient should sit for the space of two or three minutes in a shallow tub of cold salt water, dashing the water round the hips and loins.

As some are troubled with an involuntary discharge of urine in bed, the following hint may be taken:—

"Incontinence of urine," says Mr. C. Bell, "never takes place but when the boy is asleep upon his back, and the cure is a very simple one. He is to accustom himself to sleep upon his face or side, the urine is not passed, nor is he excited to the desire of making urine while he sleeps in this posture. The circumstance is unaccountable, until we reflect upon this master spring of the neck of the bladder—*the sensible spot, a little behind and below the orifice of the bladder.* When a person lies upon his belly the urine graduates towards the fundus, but when he lies upon his back, it presses up this sensible spot, and distends that part of the bladder which is towards the rectum."

RHEUMATISM (RHEUMATISMUS).

It is the common practice to divide this disorder into two distinct kinds—acute and chronic ; but it is usually found, that the one is only the commencement of the other—the acute being accompanied with inflammation, is nature struggling to be free ; while in the chronic there is no inflammation, and nature is prostrate with disease, too low to make further resistance. The acute commences with all the symptoms common to cold, such as shivering, languor, head-ache, and is preceded with more or less fever, after which the pain commences and fixes in the joints. The chronic is distinguished by pain in the joints without fever, therefore this disease is again divided and named by the faculty according to the locality in which it settles, of which they make three distinct species ; first, lumbago, from its being situated in the loins, or region of the lumbar, vertebræ; sciatica, affecting the hip ; arthrodynia, or pains in the joints. The doctor takes care to give a long particular account of each of these, too glad to make several diseases out of one, so they not only multiply human ills in this way, but by giving a long disquisition upon every division, and a precise and different prescription for each, succeed in making a mystery, and thereby giving importance and dignity to all their proceedings. But there is yet another form of this disorder, which is not an error of nature, but a disease which is a disgrace to the doctors, mercurial rheumatism, which they confess is brought on from repeated salivation by mercury, given as medicine in other diseases. Nine out of every ten cases of chronic rheumatism, are owing to the fact, that those powers with which

nature has endowed the healthy constitution to resist the elements and endure their changes, have been enfeebled by this preposterous treatment.

Rheumatism, in every form but the last, is brought on by exposuse to cold or damp, by persons not accustomed to it, allowing the feet to remain long wet, lying in damp beds, travelling all night, living in a damp house, or remaining in wet clothes. It is brought on by perspiration being checked by any of these causes, more especially while under the influence of mineral treatment for some other disorder.

Now, however much the faculty may divide this disease and prescribe (as Dr. Rush says they do) for the names instead of the disorders, we shall treat every kind alike upon one simple rational system, including even that one of the doctor's own making—the mercurial rheumatism.

Perhaps (with the single exception of fever) there is no disease upon which the reformed practice produces such signal benefit as that of rheumatism by giving internal stimulants. The animal heat is increased, the capillaries are expanded, the circulation is restored by propelling the morbid matter to the surface; while the vapour bath opens the pores of the skin, and lets out the stagnant fluids; it also relaxes the stiffness of the joints and muscles, and thus in a few hours the most excruciating pains are relieved.

But it is only in the acute form, while the blood has sufficient vigour to produce fever or inflammation, that the vapour bath can be so successfully employed. In the first instance, in chronic or long standing and much debilitated cases, the animal or internal heat and vigour of the circulation must be aroused and increased, first by stimulants, and this should be effected by doses of cayenne or composition powder, taken to the amount of half a tea-spoonful in herb tea, made of either angelica, sage, pennyroyal or yarrow, or all of them in equal

combination; nutmeg and cinnamon may likewise be added with advantage. The following pills should be taken to the number of three or four a day.

Take of

Pulverized gum guaiacum .....half an ounce
Balsam of copaiva .....one drachm
Canada balsam .....one drachm
Pulverised lobelia .....one drachm

Let half a gallon bottle of hot water be placed to the feet, wrapped round with a cloth wet with vinegar and water, every night in bed.

In a day or two, when it is evident the heat of the body is increased, seen by an increased pulse, and warmth in the extremities, give the vapour bath once every other night; and should the digestion be disordered, evinced by foulness of the tongue, let the patient take the lobelia emetic immediately after the bath, at least once a week, and be followed by the tonic bitters, as a general medicine, adding to each pint half an ounce of No. 6. With regard to local treatment, the steam bath should be employed, confined to the part affected.

Should a joint or joints be affected after steaming every night, rub in Dr. Thompson's No. 6, with equal portion of oil of turpentine; or dip a towel in cold water, wring it out and fold it with three layers—slightly sprinkle it on one side with Cayenne, and bind it round the joint, taking care to bind tightly over it a dry cloth to confine the other; and place, if it be the knee or ancle, a hot brick to the foot. In addition to these means, another liniment may also be used, which I have found succeed when the former has not proved sufficient:—

Take of

No. 6.....one pint
Acid Tincture of cayenne .....two ounces
Oil of camphene.....two ounces

Oil of Cedar.....half an ounce
Oil of Spearmint.....half an ounce

Mix and shake well together.

I have only now to add, that I have used these means upon rheumatism of every form, and some have been of so serious a nature, and of so long an endurance as to have been given up both by the doctors and themselves—some going for years upon crutches and sticks, and, in some instances, even unable to rise from their beds.

A CASE OF MERCURIAL RHEUMATISM.

"This is to certify, that about eleven years ago I was confined with my first child, and in about a week after my confinement, I was seized with a pain in my leg and up my bowels, accompanied by a swelling, which continued to get worse, so much so that I was unable to move it; a doctor attended me, and said that I was dangerously ill, and must keep my bed; he gave me some powders and a draught, and ordered leeches to be placed on my bowels, and as soon as they were taken off, a blister placed on; I was directly afterwards bled in the arm, all in one day. My bill that day was £1 4s. 6d. I continued under this doctor for three weeks, and got a little better, but was so lame that I could not get about without great difficulty, the least exertion obliging me to rest my leg or go to bed. I had a great many hard places come about my leg, so much so that I thought they would burst. I had advice from many medical men, including a physician of Coventry, but I could obtain no permanent relief. I then applied to Dr. Stevens for advice, as I was altogether bodily ill, and so reduced that I and all around expected my recovery impossible. It is now six weeks since I first came to Dr. Stevens, who carried me through *a course of medicine*, in which I took a steam bath every other night, for three weeks, together with four or five lobelia emetics: the treatment began to remove the pain from the first. I have been under Dr. Stevens for six weeks, and I can now state, that I am well in health, and three weeks ago walked eight miles in one day, without inconvenience, or being in the least degree fatigued."

"Witness my hand, this 18th day of March, 1847,

"E. GARDNER.

"Bridge Street, West, No. 3 Court, Birmingham."

GOUT (PODAGRA).

THIS is a disease to which some families are particularly predisposed, from which circumstance it has been considered an hereditary disease of the constitution. It however usually attacks in fits or paroxysms, sometimes without any warning, but in most cases its approach is felt by drowsiness, debility, numbness of the limbs, and lowness of spirits. The attack generally commences in the ball of the great toe or some other part of the foot; it may also attack the knee, hand, and even the internal organs—such as the heart, stomach, and kidneys—its attacks usually occur in spring or autumn. Dr. Hall says, "its effects are felt more by the male sex than the female, through intemperance principally, but by no means exclusively." It is generally dependent on a deranged state of the digestive organs, luxuriant living, with indolent habits and free indulgence in wine, spirits, and other fermented liquors. I have known several who, after drinking, are attacked with a fit of the gout.

TREATMENT of gout, with additional hints, given in the following:—The gout may be cured by the precise treatment of Rheumatism. If the feet or hands be inflamed or swollen, a fomentation made of burdoch or yarrow, and after the local application of vapour or vinegar as hot as it can be borne, raw cotton may be applied, moistened with No. 6, or a poultice be made of Indian meal, vinegar, and cayenne; by these means it will reduce the pain and swelling. The diet should be light, and consist chiefly of vegetables, or at least, all fat and butter in any form should be avoided, for a time.

Treatment of the old school—Bleeding, salivation, opium, ether, nitre, large and frequent doses of colchicum.

FEVERS IN GENERAL.

FEVER constitutes perhaps the largest proportion or class of diseases which assail the human family; and, notwithstanding the numerous enquiries, experiments, and theories on the subject by medical men, from time immemorial, the *nature*, *cause*, and *treatment* remain the same; and there is at this day, no uniformity either in opinion or practice; they all go blindly to work to cure it, like the physician mentioned by D'Alembert. He compares him to a blind man armed with a club, who comes to interfere between *nature* and *disease:* if he strikes the disease, he kills the disease; if he *strikes nature*, he *kills nature*, or the *patient.*

Of all the diseases to which humanity is subject, there is none which (under its various forms) sweeps to untimely death so many victims as that of fever; and there certainly is no disease on which the old and new treatment can be brought to exert their skill, or in which their respective merits would be at once tested, and the vast superiority of the one over the other displayed, than in this disease. For while it will be seen by the following various opinions and lamentable confession of the faculty that, for want of a rational principle they seldom succeed,—the Thompsonians professing that rational principle have one mode of treatment, in which they are never known to fail. Now, although I might at once give this new treatment, and leave its simplicity alone to convince common sense of its correctness, yet I would establish the truth of this statement, by laying before the reader the opinions of the faculty, and mode of treatment recommended by them, in contrast with the new, and I may say infallible practice of Dr. Thomnson and his disciples.

"This is the disease," says Dr. Robinson, "which to break, to baffle, to conquer, to subdue, the learned colleges of physicians have tried all their efforts, and spent their skill in vain. It must run its course, is the common sentiment: if one mode of treatment fails we must try *another*, and *another*, and *another*, till the exhausted imagination, the worn out resources of the materia medica, and the dying patient arrest the hand of the experimenter (and I might have said, tormentor), or nature triumphs equally over nature and disease.

"The practice of medicine is, perhaps, the only instance in which a man can profit by his blunders and mistakes. The very medicines which aggravate and protract the malady, bind a laurel on the professor's brow; when at last the sick is saved by the living powers of nature struggling against death and the physician: he receives all the credit of a miraculous cure; he is lauded to the skies for delivering the sick from a detail of the most deadly symptoms of misery, into which he himself had plunged them, and out of which they never would have arisen, but by the restorative efforts of that living power which at once triumphed over *poison*, disease and death."

Dr. Donaldson, who published a new Theory and Practice of Fevers, remarks as follows:—

"From a retrospective glance at the history of our science, we are forced to acknowledge that there is, perhaps, no subject which is more eminently calculated to humble the pride of human reason than this one. For, in relation to this subject especially, pathology has been in a continued state of revolution and instability. The human mind has been engaged with this subject for near three thousand years. Theories have risen and sunk again in a continued and rapid state of succession; each has had its hour 'to strut upon the stage,' and its votaries to yield it faith; but the stream of time has hitherto overturned all these unsubstantial, though often highly-wrought, fabrics.

"In fact, no physician whose works I have read, no professor of medicine whom I have heard speak on the nature of diseases, has ever discovered, or even hinted at, the nature and cause of fevers; all have delivered theories which amount to open acknowledgements of their ignorance of it, or have candidly professed the universal ignorance of all physicians in the world, of the former and present times, respecting the nature of these diseases.

"I observed the plan of cure followed by the East Indians in fevers. I saw the practitioners cure the most vehement cases of intermittent fevers in the space of a single day, with such mathematical precision and certainty as I never beheld in any region of the earth—by *purging, vomiting, sweating, &c.*"

Dr. Robinson says—"The causes which have conspired to cover with uncertainty the treatment of fever, and to arm the members of the faculty often against each other, are numerous and important. A brief detail will unfold the many causes of error, and the fatal consequences which often result from the established practice.

1st. The symptoms of fever are mistaken; and one disease, or stage, or state, or class, is treated for another; and the physicians declare, the symptoms are so often blended, complex, and proteiformed and fashioned, that it is impossible to comprehend them. This is one source of uncertainty in practice.

2nd. Nosology, or the mournful and dreary list of the names of thirteen hundred and eighty-seven diseases, besides the new diseases, so difficult to be understood, to be remembered, or distinguished, is another source of uncertainty in practice.

3rd. Theories constructed on false principles mislead the physician, and direct him to the use of wrong medicines; for false theories will make false practice. These are the causes of uncertainty of practice.

4th. Error in judgment, from misapprehending the remote, the exciting, or the proximate cause of disease, destroys the certainty of practice, and brings death to the patient.

5th. Medicines used in the cure of fever, of the most dangerous nature—poisons of the rankest dye, and most fatal tendency—are often the causes of sudden death, and destroy, or ought to destroy, all confidence in the established practice. It is, in truth, like running the gauntlet amongst armed Indians, or red-hot ploughshares, to escape from the poisons of medical practice.

"Now, the great superiority and certainty of Thompson's system, consist in the simplicity of his practice, and the safe and certain operation of his remedy. And, although Thompson seems to have been utterly unconscious of the hazards and difficulties of the established practice—yet, when these were brought to light, they served to confirm him in the value and universalities of his discoveries, because, if all the wisdom of the schools, and genius, and ingenuity of practitioners, had been baffled and confounded through the lapse of four thousand

years, it was evident that the discovery of a universal remedy for fever, must be found in another department than that of the established science! And in that department Thompson rose to eminence, and received "his degree from the hand of nature." In that great laboratory of medical science, where nature makes our food and fashions our medicines, Thompson spent thirty years of his life. A quack is one, who, in unblushing ignorance, palms his detestable and deadly nostrums upon the public, of which he knows nothing! Thompson laid before the public, without a shadow of concealment, remedies, the healing virtues of which he had tested by a practice of thirty years, and with invariable and indisputable success. But some of the most learned of the faculty, who have attended to the effects of this new practice, have given their decided testimony to its power and its efficacy.

Prejudices, rank and strong, as might have been expected, have prevented the popularity of a "safe and simple method of cure," which bids fair, were it universally introduced, to banish diseases and untimely death from the nations of the world; to introduce the dawn of that redeeming day, when sickness shall not be seated in the constitution to emaciate the body and prostrate the mind; but shall be met and expelled at its very entrance, by a remedy that shall neither entail debility nor chronic maladies on the patient.

A CONTRAST BETWEEN THE PRESENT ESTABLISHED PRACTICE, AND THE NEW BOTANIC PRACTICE, IN CASES OF FEVER.

1.—*The Present Established Practice in Cases of Fever.*

The practice, which is in common use, in cases of fever, is thus given under the head of Febris (*fever*), in Hooper's Medical Dictionary.

"An attack of fever is mostly announced by languor, debility and sluggishness of motion. The face and extremities become pallid, the features seem sunk, the bulk diminished, and the skin contracted. A sensation of cold is next experienced down the back, as if a cold wind, or cold fluid were descending along it, and this feeling gradually extends over the whole body, while it is perhaps, in reality, morbidly warm. At this stage, the mind is often restless, confused and forgetful. The appetite departs; nausea following, and often vomitings. The breathing is irregular, and perhaps laboured. There are also dull pains wandering about the joints and limbs, except one fixed in the small of the back, which is often acute and gives great distress. The secretions are universally diminished; the mouth dry and parched, causing thirst;

the skin shrivelled and dry; the urine scanty; the bowels confined. These symptoms are sooner or later changed into flushings of the face; the skin fills out; feels universally hot; the pulse quickens; and the mind perhaps wanders. Such are the phenomena of fevers in their regular and distinct forms." Hooper here enumerates upwards of fifty different sorts of fever. Amongst the most malignant and fatal of them, as that known under the name of *typhus fever*, is chiefly prevalent in this country, *its* distinctive symptoms and mode of treatment are most to be noted. Hooper on this fever writes thus:—

"At the onset of this fever, the patient is seized with dejection of spirits, extreme depression of strength, and pains in the back and head. The eyes appear full, heavy, yellowish and often a little inflamed. The tongue is covered with a brownish mucus, and soon becomes dry and parched; there is oppression of the heart; anxiety, sighing, and moaning; the tongue, gums, lips, and teeth are covered with a brown and blackish fur; the speech becomes inarticulate, scarcely intelligible; the patient mutters and is delirious. The fever continuing to increase, the breath becomes highly offensive; the urine deposits a black and fetid sediment; the stools are dark, offensive, and pass off insensibly. Blood often issues from the gums, nostrils, and other parts of the body; vibices appear on the surface; the pulse intermits and sinks; the extremities grow cold; hiccough ensues; and then follows death.

"When *typhus* does not terminate fatally, it generally begins to diminish about the 14th day, and goes off gradually without any evident crisis. It is not uncommon, however, for *sleep and perspiration* to announce a favourable change."

TREATMENT.—"The bowels, if torpid, should be stimulated by gentle purgatives; the disordered state of the abdominal secretions obviated by occasional doses of calomel, [poison.] Diarrhœa, if excessive, should be restrained by cretaceous mixture, combined, if necessary, with small doses of *opium*, [poison.] The hot and dry state of the skin obviated by saline-diaphoretics, with minute doses of *antimony* [poison], and sponging the surface with tepid vinegar and water. If great debility prevail, wine, in moderate quantities, may be given. The practitioner who regards fever as inflammation of the brain, bowels, or any other part, and acts exclusively upon this supposition, will *destroy many patients*, who, if left to nature, would have recovered.—A moderate general bleeding, at the beginning, is generally beneficial—and still more, frequent leeches.—With regard to *mercury*, patients have died of fever while their mouths were sore with it. In many cases, no effect has been produced by its fullest administration.—*Wine* is the best stimulant in typhus—*opium* in small and repeated doses—camphor may be usefully combined with it.—Sulphate of quinine is much relied on by some practitioners, but generally does *more harm than good* where there is local inflammation.—Blisters afford a means of combatting inflammation after blood letting; but they often increase the general irritation and distress." So far, HOOPER, who finds plenty of faults, but no good remedy.

Enough of these quotations; they are tedious and disagreeable, but they have been necessary, in order that every one may see, from works of high standing and authority, that some *practice, safe and certain*, is yet wanting for the cure of fevers; some remedy, *infallible* and also *general*, by which not only

one species, but every species whatever of fever can be at once cured; which, in a word, can be applied, without fear for the immediate result, to every case that occurs. Such is the new remedy. The faculty, we see, have never had any principle on which to act; all has been guess-work and discrepancy, scarcely two agreeing together in any point, except that the means employed should be *injurious ones*, such as frequent blisters, copious bleeding, refrigerating medicines, or *active poisons*, such as mercury, antimony, tartar emetic, calomel, &c., everything, in fine, but *sweating*. Should the patient who is under such treatment recover, after a long and fearful struggle with the poison and malady,—the primitive powers of the constitution are gone for ever, and he remains a victim, suffering and dragging out the rest of his days in the morbid feelings of a mercurial or drug disease. Let us now see the treatment under the new Botanic Practice.

2.—*The Treatment for Fevers—under the New Botanic Practice,—calculated for the cure of the whole number of upwards of fifty enumerated by Hooper,—whether they present some or all of the symptoms mentioned by him.*

The method here given is one which has proved to be infallible. Mark it well.

If the disease be taken in the early stages, give the patient a tea-cupful of strong tea, made from the root and leaves of angelica; or from the leaves, flowers and stalks of yarrow, or pennyroyal, or feverfew, or vervain; any of which herbs will do; but angelica is best; next to it yarrow, (a cut of which I have presented on account of its being so common as to be always at hand,) and then the others.

To the tea-cupful of strong tea, add a moderate tea-spoonful of cayenne pepper. Then put the patient to bed, covering him well up; fill three bottles with hot water, wrap them in cloths soaked in vinegar and water, and place one to the feet, one to the right side and the other to the left side of the patient near the abdomen. Repeat the above dose of tea and pepper every two hours, till perspiration becomes copious. After the sleep, which follows this, the body must be rubbed down with a cloth damped with cold vinegar and water. This rubbing must be done quickly and must not exceed two minutes, and the patient then dryed by being rubbed with a dry towel. As Hooper says, the perspiration announces the turn of fever.

If, on the following day, there should be nausea, vomiting, or the presence of mucous fur or canker in the mouth, on the tongue, or in the throat, give *an emetic of lobelia inflata*.

YARROW.

Should the above method fail to produce perspiration, a failure scarcely possible, the patient should be placed in the domestic vapour bath, which can be easily given in this way :— Make two bricks nearly red hot ; put them standing on their narrow sides in a flat tub, dish or any other convenient vessel ; place the vessel with the bricks thus in it, under a chair ; then

immediately set the patient on the chair naked; at once envelope him and the chair in a blanket sufficiently large to reach the floor and exclude the air; give him the dose of tea and pepper as before; opening then the blanket at the bottom, pour boiling water out of the tea-kettle into the dish, taking care not to pour it on the bricks, but rather down the side of the vessel till it rises half up the sides of the bricks.

VAPOUR BATH.

An immense steam will immediately arise, enveloping the whole surface of the body. Should it at any time feel too hot for the patient, let a small portion of the blanket be opened; the air will partially cool him instantly; then close the blanket again. The half immerged bricks will cast up steam for half an hour; but from five to ten minutes will generally be found sufficient, (if the vapour bath be properly administered,) to turn a fever. The turn is known by the sweat exhibited on the face and forehead. When this appears fully, throw off the blanket and remove the bricks. Then immediately let two persons, with coarse cloths wet with cold vinegar and

water, in equal proportions, bathe the patient all over as speedily as possible, not exceeding if possible a minute. Rub him then with dry cloths, till the skin glows, and put him at once in blankets to bed.* To keep up the circulation, place to his feet a hot brick, wrapped as before in cloths soaked in warm vinegar and water. If the mouth be foul with mucous fur, or canker, give *an emetic of lobelia inflata*, and promote its operation by drinking hot tea. The patient will now probably fall asleep, after which, give him a wine-glassful of a medicine prepared in this manner :—Take a good handful of these herbs, horehound, agrimony, centaury, and angelica, and one ounce of barberry bark ; boil them one hour in two quarts of water, strain them, add one ounce of ground ginger, and half an ounce of pulverized gum myrrh. Let the patient take a wine-glassful of this medicine as soon as he awakes, and afterwards four times a day ; abstain from fat, cheese, beer, wine and spirits ; be careful not to expose himself to cold ; and *he will entirely recover in a few days.*

In a letter, received by the author from Mrs. Coward, Folleyfield, Leigh, near Bolton, where he lectured during the prevalence of typhus fever last summer, she writes, "I have attended twenty cases, in which I applied your remedy, all of which recovered, and were at their work one week afterwards ; while many of them were up and out in three days, some the very next day ; and I know others who have met with equal success." He himself took the fever after visiting patients at Leigh, turned it in one night, and lectured the next night twenty-nine miles from home. Though in a very weak state he took no harm. A case was related by a man a few weeks since, in the town hall of Congleton, before Mr. Alderman Warrington, Mr. Alderman Andrews, and an audience of about three hundred. He cured his wife in one night, who, when she was first attacked, was unable to walk up stairs. If this statement be doubted, the penny post will find any person here named, who, for the sake of humanity, will return an answer to vouch for its accuracy. The expense of the medicine, administered for curing the fever by this method, does not exceed one shilling. In the common system, fever is attended with many weeks' loss of time, great danger, and, "live or die," a doctor's bill of many pounds.

* See also directions for giving a course of medicine, which will be necessary, and even more efficient in very bad cases.

ERUPTIVE DISEASES.

SMALL POX (VARIOLA).

DESCRIPTION.—Small pox is a disease of a very contagious nature, marked by a fever which is usually inflammatory, but now and then is of a typhoid nature, attended with vomiting, and, upon pressure of the stomach, with pain; succeeded after a few days by an eruption of red pimples on different parts of the body, which in the course of time suppurate and scab, and at length fall off, leaving behind them little pits in the skin, and, in severe cases, scars.

Dr. Thompson calls this disease "the *highest* state of canker and putrefaction the human body is capable of receiving." It was formerly one of the greatest scourges of the human race, and it has been estimated that before the introduction of vaccination by Dr. Jenner, that 450,000 individuals died annually of small pox in Europe.

The small pox is distinguished into distinct and confluent, implying that in the former the eruptions are perfectly separate from each other, and that in the latter, (at all times the most dangerous), they run much into one another.

It generally comes on with some symptoms of a cold stage, and commonly with a considerable languor and drowsiness. A hot stage is soon formed, and becomes more considerable on the second and third days. During this course, children are liable to frequent startings from their slumbers; and adults,

if they are kept in bed, are disposed to much sweating. On the third day, children are sometimes affected with one or two epileptic fits. Toward the end of the third day the eruption commonly appears, and gradually increases during the fourth; appearing first on the face, and successively on the inferior parts, so as to be completed over the whole body on the fifth day. From the third day the fever abates, and by the fifth it entirely ceases.

When the pustules are numerous on the face upon the sixth or seventh day, some uneasiness in the throat, with a hoarseness in the voice, comes on, and a thin liquid is poured out from the mouth. These symptoms increase with the swelling of the face; and the liquids of the mouth and throat becoming thicker, require some exertion to be thrown out; and there is at the same time some difficulty in swallowing, so that liquids taken into the mouth are frequently rejected by the nose. But all these affections are abated as the swelling of the face subsides.

TREATMENT.—In the first or cold stage, the patient should be kept warm with doses of spiced bitters, or composition powders. When the fever is established, the covering should not be too great or the room too hot while the pock is filling; let the room be warm, but ventilated—taking care to avoid the possibility of a chill. The clothes should be changed every day, care being taken that they are perfectly dry and well aired before they are put on. Should the patient be a child, simple herb tea, such as pennyroyal, sweet marjoram, or angelica, will be sufficient medicine. An occasional emetic and vapour bath will prove highly beneficial in any stage. "While steaming," says Dr. Comfort, "the patient may be washed or sponged over with soap and water, or with a weak solution of sal æratus, in water: a strong decoction of cayenne and raspberry leaves should be freely given. To prevent or lessen the pitting of

the face, take of camphor half an ounce, and dissolve in olive oil, two fluid ounces; this will form a liniment to be used soon after the eruption appears. The mucilage of slippery elm applied as a poultice, will afford much relief, and if kept spread over the face, is said entirely to prevent the pitting.

When the eyes are sore or inflamed they should be kept covered with soft cloths, wet with rose water, or raspberry-leaf tea; and if there should be the least tendency to costiveness, injections of warm water should be administered night and morning. A bottle of hot water should be kept constantly at the feet in bed.

The patient should abstain from *all* animal food, and subsist for a time on nourishing vegetable diet, such as sago, rice, tapioca, wheat jelly, &c.*

"The distressing and often fatal consequences that have happened in cases of the small pox, are more owing to the manner in which it has been treated, than to the disease. The fashionable mode of treatment in this disease has been to give physic, and reduce the strength, by starving the patient and keeping him cold. This is contrary to common sense, as it weakens the friend and strengthens the enemy; and the same cause would produce similar effects in any other disorder. All that is necessary, is, to assist nature to drive out the canker and putrefaction, which is the cause of the disease, by keeping the determining powers to the surface, in which case there will be no danger. The same manner of treatment should be used in this complaint that has been directed for the measles. The canker-rash, and all kinds of disease that a person is not liable to have but once, such as chicken pox, swine pox, &c., are from the same cause, and must be treated in a similar manner."—DR. THOMPSON.

MEASLES.

THIS disease commences with head-ache and chills, followed by fever, hoarseness, sickness, difficulty of breathing, with swelling and redness of, and heaviness about the eyes; tears,

* Chicken pox and swine pox may also be treated upon the same advice and prescription.

and running of the nose; the tongue becomes coated, and the breath offensive. The rash appears on the third or fourth day, first on the face, spreading over the body and reaching the feet in about twenty-four or forty-eight hours. The red spots much resemble flea bites, which run into each other and form patches; these begin to fade in about three days. The measles and scarlet fever are much alike, but the former may be distinguished by the hoarse dry cough, watery eyes and nostrils, and above all, the natural colour of the skin between the patches.

"This disease is very common, especially among children, and is often attended with fatal consequences when not properly treated. It is a high state of canker and putrefaction; and if the determining powers are kept to the surface, it will make its appearance on the outside, and go off of itself; but if cold overpowers the inward heat, so as to turn the determining powers inward, the disease will not make its appearance, and the patient will become much distressed, frequently producing fatal consequences, if some powerful stimulant is not administered to bring the disorder out. To give physic in cases of this kind is very dangerous, as it strengthens the power of the cold, and keeps the canker and putrefaction inside, which sometimes fixes upon the lungs and causes consumption, or turns to the stomach and bowels, when they die suddenly, which has been the case with hundreds, for a few years' past. I have attended a great many cases of the measles in the course of my practice, and never lost one; and never have known of any that died of this disorder who were attended by any of my agents. When the symptoms make their appearance, give a dose of the composition powder, or of No. 2; then give the tea of No. 3, to guard against canker, and add some No. 2, to overpower the cold; and when the second dose is given, add No. 1, to clear the stomach and promote perspiration. As soon as this takes place, the disorder will show itself on the outside. By continuing to keep the determining power to the surface, nature will take its regular course, and the disease will go off without injuring the constitution. If the bowels appear to be disordered, give an injection; and be careful to keep the patient warm."—DR. THOMPSON.

In addition to these hints, it will be proper to observe that

the vapour bath and an emetic in the early stage will prove highly beneficial, whilst the hot brick should be employed the whole time;—the general treatment for small pox should be applied, modified to suit this disorder.

SCARLET FEVER.

The early symptoms of this disorder are so much like those of the measles that, for the first day or two, one disorder is often mistaken for the other. However, in this disease, the eruption makes its appearance in about two days, and in twenty-four hours spreads itself over the whole body, giving to the skin a peculiarly red appearance, which is mostly universal, but sometimes it is seen in patches. It is of a deeper colour in the evening, and diminishes towards the morning. The face is usually swelled, the throat sore, and the tongue, though coated in the middle, is of a deep red colour at the point and edges. The eruption generally fades in five or six days, and scales off. When the disease partakes of a malignant type it is accompanied with ulcerated sore throat, diarrhœa, deafness, bleeding from the nose and mouth, with delirium and stupor. When this disease is mistaken for measles, under the old school practice, it may prove of serious consequence, which cannot be the case under the new, for there the indications of cure are precisely the same for both diseases—each requiring to be treated upon the same general principles* (see measles, also treatment for fever). If the throat is sore, follow the practice recommended under sore throat or quinsy.

* These observations equally apply to swine pox and chicken pox.

SCALD HEAD.

THIS disease is a chronic inflammation of the skin of the head, in which a peculiar matter is secreted. At first the eruption is confined to a small portion of the head, but by degrees its acrimony is spread over the whole scalp. To accomplish a cure, the hair should be cut clean off—a bladder should be fitted to the head, rubbed with Thompson's healing salve, and frequently changed and cleaned. This will shield the sores from the air, while constitutional treatment must be employed for the purification of the blood, and to cast out the morbid matter by perspiration. Another preparation, highly recommended by Dr. Comfort, consists of

Liver of sulphur .....three drachms
Spanish soap ....one drachm
Lime water.....eight ounces
Rectified spirits of wine .....ten drachms

To be mixed and melted together, and applied to the affected parts night and morning. This is also excellent for the itch.

SCURVY.

THE symptoms of this disorder are so well known that a description will not be needed. The disease breaks out in its most aggravated form amongst seamen, during long voyages, arising from want of fresh vegetables, and the excessive use of salt provisions. On land it more frequently arises from a

sudden or frequent check being given to perspiration, and it is found to prevail with persons working in damp situations, or in the presence of furnaces and hot stoves. The internal treatment should be precisely the same as that recommended in scrofula, while the parts affected should be steamed over the fumes of yarrow, and an ointment rubbed in after. "Meadow fern ointment" will be found excellent for this purpose, also the tar ointment and dock salve; so that when the disease does not yield to the one to the satisfaction of the patient, he can employ one of the others. The ointment or liniment should always be applied immediately after the skin is dried from steaming.

SCROFULA, OR KING'S EVIL.

This disease, perhaps more than any other, is ascribed to hereditary taint; and certainly children who have the misfortune to be born of sickly parents are most liable to it; especially if those parents have been given to debauchery, or have suffered from venereal disease, or the mercurial or drug disease, induced by the depletive treatment of this or any other disorder. It is often left after measles, fever, or whooping cough; but apart from all this, it may arise from living in a low, damp, confined situation, breathing a foul atmosphere, or from unwholesome food.

The symptoms first present themselves by the appearance of small knots under the chin, in the neck, and behind the ears; these gradually increase in size and number till they form one or more large hard tumours: these often continue a long time without breaking, and when they do break, they discharge a thin watery humour, matter, and blood. Other parts of the

body are likewise liable to its attack ; as the arm pits, groins, feet, hands, breasts, &c. This is one of the many scourges of mankind, in the shape of disease, that the faculty have to confess their total inability to cure. Hear what learned quackery says of itself—from the mouths of some of their most respected oracles :—

Dr. Cullen says, "We have not yet learned any practice which is certainly, or even generally, successful in its cure." Dr. Mackintosh, in his "Practice of Physic," remarks, "We are told by almost every author, 'to correct the bad habit of the body,' and improve the state of the constitution ; but, as far as I am aware, we have never yet been told a proper method to bring about this desirable object, or indeed, in what the bad habit of the body consists." Professor Hayward, of Hayward University, America, after observing to his class, that "the excessive use of mercury is supposed to develope scrofula," remarked, "almost every article of the materia medica has been tried in the disease, and abandoned ; and sometimes patients recover their health under any mode of treatment, provided it be not too severe or violent."

Dr. Buchan says, "this disease, which so completely baffles the regular practitioners, often yields to the remedies of old women and quacks."— Prodigious !—And pray what is the reason of this signal failure of the faculty, and vexatious success of quacks ? Why this :—That while the licensed to kill employ mineral poisons, deplete and increase the general debility—the quacks, having no license to kill—adhere to the sanatory herbs only in their treatment. These aid the powers of nature ; assimilate with and purify the fluids ; stimulate the absorbents, and expel morbid matter : and though this disease is exceedingly slow and sluggish, requiring much patience and perseverance, I have been wonderfully successful with it under the Thompsonian treatment.

TREATMENT.—First let the patient remove to pure air, the sea side if possible—next abstain from all fat and grease, more particularly flesh of swine—let a *course of medicine* be taken once a week—and employ a shower bath of salt water, made artificially if sea water is not to be had—

Take of

Burdock seeds, leaf, and root .....two handfuls
Cleavers.....one handful
Avens root and leaf.....one handful
Yarrow.....one handful

Simmer two hours in two quarts of water; strain, and add cayennne, one tea-spoonful; carbonate of ammonia, one tea-spoonful: take from half to a full wine glass four times a day. As it is necessary to change the medicine after a week or ten days, take the following:—

Coltsfoot .....two handfuls
Ground ivy.....one ditto
Angelica ....one ditto
Agrimony .....one ditto
Dandelion ....two ditto

When boiled and strained, add of cayenne and ammonia as in the former prescription.

The following is strongly recommended as an alterative medicine, by Dr. Wood, of the American reformed practice:—Take of queen's delight, prickly ash bark, unicorn root, guaiacum, and sassafras, bark and root, powdered, equal parts—to a quarter of a pound of the powder add a quart of water, and simmer in a covered vessel till reduced one third, strain and add sugar in the proportion of three quarters of a pound to a pint of liquor; scald the sugar, skim, and add the tinctures of queen's delight and prickly ash bark in proportion of two ounces of each to a pint of syrup. The dose is from one to two tea-spoonfuls four times a day. This syrup is used also in syphilis, ulcer, scurvy, and all impure conditions of the system.

The tumours, if not too far advanced, may be often dispersed by dipping the hand in cold salt brine and vinegar, and

rubbing them well night and morning ; also by a cloth wrung out in the same, being bound round the part affected with a dry cloth over it, and kept on every night in bed. If they are broken, they should be dressed with a cancer plaister during the day, and a slippery elm or linseed poultice, or a poultice of white pond lily at night, in which a small portion of lobelia and cayenne may be put. One or two, as the patient can bear, of Pill No. 1, should be taken after dinner and at bed time. These will not only correct the secretions, but prevent costiveness.

ERYSIPELAS—ST. ANTHONY'S FIRE, OR ROSE.

THIS disease is characterised by redness of the skin, swelling smarting, itching, and burning pain, and the formation of pimples and blisters on the inflamed surface.

The face and limbs are most liable to attack. When it attacks the face the swelling is often so severe as to close the eyes. This disorder frequently takes the chronic form, the fits or flushes coming on periodically ; when such is the case steaming should be immediately resorted to, which will be made more beneficial if produced from a strong decoction of yarrow instead of simple water ; yarrow poultices are good applied to the surface, but a poultice made of slippery elm bark is far superior, indeed Dr. Beach says, "it is a sovereign remedy." In cases of simple ulceration, says Dr. Comfort, "use a poultice made of slippery elm, white pond lily root, ginger and pounded cracker ;" when the disorder attacks the face, it should be steamed and poulticed at night, and during the day dressed with yarrow

ointment. I have, however, cured it with an ointment made of dock root and finely pulverized lobelia.

An entire course of medicine should be frequently given, followed by the tonic bitters, or a strong tea made of agrimony, clivers, speedwell, and yarrow: the latter never should be omitted. The food should be light, such as slippery elm gruel, crust coffee, milk dishes, custards, boiled chicken, &c.; all spirituous liquors should be avoided, also flesh of swine, fat and high game.

Old practice—Mercury, antimony, arsenic, and if on the leg, to score it and rub in Spanish fly or blister salve; this is proposed by Professor Lawrence, whose ingenious cruelty ought to have been rewarded by a taste of his own experiment.

INFLAMMATION OF THE BRAIN (PHRENITIS).

DESCRIPTION.—Phrenitis is an inflammation of the membranes, or brain itself. When it occurs independently of any other disease it is termed *primary*. It is called symptomatic when it is produced by some other disease, as fevers, eruptions, &c.

CAUSES.—*Proximate cause.*—Whatever causes a determination of blood to the head, produces an inflammation of the brain or membranes. Hence we find that in this complaint the blood recedes from the extremities, thereby producing coldness, and flows in an unusual quantity to the head, in consequence of which there is heat, inflammation, &c.

Sometimes there is a discharge of mucus from the nose; occasionally blood. It is usually attended with a tremor of

the joints, grinding of the teeth, twitching of the muscles of the face, which is often florid, then suddenly turning pale, with a general derangement of the internal functions and whole system. The length or duration of this disease is very uncertain; when the head is shaven and blistered, and the patient leeched, cupped, and dosed with poisons, the malady often proves fatal in five or six days.

TREATMENT.—*Indications of cure.*—The indication of cure is, to divert the blood from the brain by restoring the circulation in the extremities; in other words, by equalizing the circulation.

TREATMENT.—Bathe the feet in warm water, to which has been added a little pearlash or ley. Let this be repeated at least twice in twenty-four hours.

The most prompt and energetic treatment is required in this disorder, to recall the blood from the brain, and restore the equilibrium of the circulation; hence a *full course of medicine* should be given, after two or three injections, to evacuate the bowels. The head should be kept elevated, and bricks wrapped in cloths wet with vinegar should be placed to the feet and sides. While the head continues hot, cloths wrung out of cold vinegar and water should be applied to it. When inflammation is checked, restore the strength with the tonics and strengthening medicines.

PALSY (PARALYSIS).

PALSY is a disease principally affecting the nervous system, characterized by a loss or diminution of motion or feeling, or of both, in one or more parts of the body. When one entire side of the body, from the head downward, is affected, it is

distinguished among the professional men by the name of hemiplegia. If one half of the body, taken transversely, be the seat of the disease, it is named paraplegia; and, when confined to a particular limb or set of muscles, it is called paralysis.

Causes.—It may arise in consequence of an attack of apoplexy. It may likewise be occasioned by anything that prevents the flow of the nervous power from the brain into the organs of motion; hence tumours, over-distention, and effusion often give rise to it. It may also be occasioned by translations of morbid matter to the head, a suppression of usual evacuations, and the pressure made on the nerves by luxations, fractures, wounds, or other external injuries. The long continued application of sedatives will generally produce palsy, as we find those whose occupations subject them to the constant handling of white lead, and those who are much exposed to the poisonous fumes of metals or minerals, are liable to be attacked with it. Whatever tends to relax and enervate the system, may likewise prove an occasional cause of this disease.

Symptoms.—Palsy usually comes on with a sudden and immediate loss of the motion and sensibility of the parts; but in a few instances it is preceded by numbness, coldness, and paleness, and sometimes by slight convulsive twitches. When the head is much affected, the eye and mouth are drawn on one side, the memory and judgment much impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, and has been of long duration, it not only produces a loss of motion and sensibility, but likewise considerable flaccidity and wasting away in the muscles of the parts affected.

In the early stage of an attack of palsy, a vigorous course of treatment shoud be resorted to, in order to restore the ost

function of the part affected, whether it be occasioned by pressure of blood upon the parts, or from loss of circulation; or even should it depend upon disease originally seated in the brain, a *course of medicine* restoring digestion, and all the secretions and evacuations, must be adopted, and as in most instances the bowels are torpid or insensible, the course should begin with injections containing strong stimulants, in order to produce the desired effect. A table-spoonful of the third preparation of lobelia, in half a pint of bayberry tea, is a suitable injection for palsy; though in some instances double this quantity will be found necessary to make a sensible impression on the bowels. Strong tonics will be beneficial, such as Peruvian bark, No. 4 bitters, wormwood and quassia to equal portions of valerian root. Friction of the parts affected will be highly serviceable two or three times a day; this can be done with the flesh brush, salted towel, or pepper sauce. Occasionally a pepper poultice or mustard plaster should be applied to the nape of the neck, extending eight or ten inches down the spine; when mustard is applied, it should not remain on so long as to produce a blister.

I have succeeded in curing several cases of paralysis of many years' standing, by carrying them through a Thompsonian course of treatment, for three or four weeks, so as to restore digestion and circulation, and then applied the powers of medical galvanism.

EPILEPSY FALLING OR SICKNESS
(EPILEPSIA.)

Epilepsy, called also falling sickness, is a sudden privation of sense, accompanied with unusual motions and violent convulsions of the whole system. It occurs in paroxysms, which,

after a period, leave the patient nearly in his former state; but they are generally succeeded by languor, debility, stupor, and drowsiness. It takes place more frequently among young children than grown persons. It occurs, also periodically, and oftener in the night than in the day time. It is frequently an hereditary disease, attacking several in the same family.

Causes.—Blows, wounds, fractures and other injuries done to the head by external violence, together with plethora of the vessels of the head, of water in the brain, disease of the spine and nerves, but it more frequently arises from the presence of worms, or disease of the stomach and bowels.

I have been exceedingly fortunate in curing this disorder, for having had so many cases brought to me of the worst kind in every town and village wherein I delivered a course of lectures, I paid particular attention to the disease in order to cure, what it appeared no one else could, cases of ten or twelve years' standing, and after mature observation and study I succeeded.

I found that in nearly every case the attack was preceded by a spasm of cold, or a cold chill, the blood having left the extremities and probably the head, or that it had rushed to the head, causing, like apoplexy, a pressure on the brain; in either case the loss of equilibrium of the circulation caused sudden loss of the senses and all nervous power. By frequent tendency to this, the nervous system contracted the vicious habit of periodicity. Question could I balk or break that habit after clearing the system of all obstruction? This I did on the principle that "heat is life." I made powders of equal portions of cayenne, scullcap and lobelia, half a tea-spoonful of each; these were kept in readiness by the mother or nurse, and as soon as the warning symptoms were perceived, this dose was drank in water or tea, the feet placed in hot water, or the patient made to walk quickly up and down the room. The

two first patients I tried this on, were cured with one dose. One was a young woman who had suffered fits for six years, having two a week; the other was a man who had had them for twelve years, and had been confined in Leyland workhouse three or four years at a time, and having three or four fits a week. I took his case free, and rescued him and his family from the workhouse, for he being a strong man was able immediately to follow his employment. Having once prevented the fit and caused an outburst of perspiration in its stead, the interval between this and the next fit will be a longer period than usual, and the next fit weaker than usual, and so on, intervals growing longer and fits weaker, until the fits occur no more. During this, however, the hot brick and cloth should be placed at the feet every night, and strong decoctions of valerian and scullcap should be given, or the following:—

Take of

Decoction of valerian.....one pint
Skunk Cabbage.....one tea-spoonful
Pulverised assafœtida..... one tea-spoonful
Oil of aniseed .....twelve drops

Dose—from two to four table-spoonfuls four times a day.

Should worms be suspected, use the remedies recommended under that head (see worms), and to be sure of removing any obstruction in the stomach which may be the cause, commence with a course of medicine: this alone will often prove a cure. As to diet, all the precautionary observations upon digestion will equally apply to this disorder.

APOPLEXY.

The immediate cause of a fit of apoplexy is loss of the equili-

brium of circulation, by a rush of blood to the head, and pressure on the brain; suppressing at once the functions of the nervous system: amongst the remote causes are advanced age, intemperance, in eating and drinking, blood letting, sedentary pursuits, with intense and long continued study.

In the old school practice, blood letting is immediately resorted to in this disorder, and it is thought by the people, in consequence of this common practice of the faculty, to be the only course that can save the patient's life; this is, however, so far from being the fact that, it has been proved by Dr. Dickson, Magendie, and most eminent men as physiologists, that apoplexy not only can be and is produced by blood letting, but that it is the very worst course to be pursued, more being lost by it than would be if nothing had been done.—The proper course is to restore the equilibrium—and as it will always be found that the blood has left the feet, that the head is hot with an overcharge of blood, while the feet are cold for the want of it—put the feet into hot water immediately; give also a strong dose of cayenne while the vapour bath and emetic are preparing, which should be administered as soon as possible.

ST. VITUS'S DANCE (CHOREA SANCTI VITI).

THE prominent symptoms of this distressing disorder consist of twitchings and jerkings of the face and limbs; by degrees these increase until, in many instances, almost every muscle of the body is afflicted with spasmodic contractions.

These are almost exclusive, and confined to one side of the body. The patient is often unable to stand or even to direct

his hand to his mouth. The disorder generally arises from derangement of the digestive organs, but the occasional causes are sudden fright, anger, exposure to cold, repelled eruptions, and supression of the menses : the disease may continue for a few days, months, or years : girls afflicted with this disease are seldom cured until menstruation is fully established.

TREATMENT.—Observe the general advice given on paralysis ; the following, however, will be found highly efficient :—

Take of

Wormwood	one handful
Valerian root	one ounce
Gentian root	one ounce
Peruvian bark	half an ounce
Scullcap	one ounce

Simmer the whole, covered in two quarts of water, two hours ; strain and administer from half to a wine-glassful four times a day.

Should the scullcap not be at hand, use as a substitute skunk cabbage, or a large handful of mugwort; a pill of No. 1 should be taken night and morning. After breakfast, the shower bath of salt and water should, if possible, always be employed ; and the patient well rubbed after with the rough salt towel, or a towel damped with vinegar, salt, and water.

TIC DOULOUREUX (NEURALGIA).

THIS disorder commences with acute pains shooting from the head, ear, cheek, nose, and palate, but more often the jaws and teeth, attended with twitches of the muscles. It attacks suddenly, and is very peculiar. The pain darts along the affected nerves, and occurs in paroxysms of most excruciating agony, succeeded by intervals of intermission. The pain may

be compared to a sharp instrument piercing the flesh, and generally draws tears copiously from the eyes. It is under the old treatment sometimes protracted for years, (which may be seen in Hooper's Medical Dictionary,) that after the patient has had the nerves of his jaws severed with the lancet from time to time, and taken copious doses of opium, he at last dies wasted and worn out with fatigue and agony. Under the new treatment it is easily cured, sometimes in a single night. Where there is little derangement of the digestive organs, Dr. Thompson says, in order to effect this, take a dose of the tea of No. 3, with a tea-spoonful of No. 6 in it, for the canker; then tie a small quantity of No. 2 in a fine piece of cloth, wet with No. 6, and put it between the teeth and cheek, on the side where the pain is; sit by the fire covered by a blanket, and breathe the warm air from the fire; this will prick the glands and cause the saliva to flow very freely, which will take out the soreness and relieve the pain. The face may be bathed at the same time with No. 6. If the case is of long standing, so that the system is affected, and this does not remove the complaint, give a dose of No. 1. If it is caused by decayed teeth, fill the hollow with cotton wool, wet with the oil of summer savory, or spirits of turpentine, which will deaden the nerve, and stop its aching. This is good in all cases of the tooth ache, and will generally effect a cure without extracting.

GIDDINESS (VERTIGO).

DESCRIPTION.—Vertigo, or dizziness is generally symptomatic of some other disease, such as dyspepsia and hypochondria; or it may be a premonitory symptom of apoplexy, or over-determination of blood to the head.

SYMPTOMS.—The patient is suddenly seized with a sense of swimming in the head; everything appears to him to turn round; he staggers, and is in danger of falling down. This complaint is attended with very little danger where it arises from hysterics, or any nervous disorder: but when it arises from plethora, or an unnatural quantity of blood in the head, there is danger of apoplexy.

This complaint often proceeds from difficult or obstructed menstruation.

TREATMENT.—The feet should be placed in warm water—give the spiced bitters, or composition powders one day, and the nerve powder the next. Should it arise from disordered stomach, (and nine cases out of every ten do) the emetic will give signal relief: the shower bath should be used; brown bread should be eaten in preference to white, and butter and all fat cheese and grease should be avoided.

Old practice—Bleed, make worse, and bleed again; second doctor then finds out there is some other disorder, and this treatment was all wrong—and that the patient wanted more blood, and now dies of weakness.

TETANUS, OR LOCKED JAW.

THIS may be caused by sleeping in the open air, the use of narcotic poisons, but it more frequently occurs from wounds in the hands or soles of the feet, or injury to the toes, where a nerve is partly divided or lacerated, without being completely severed. The muscles of the lower jaw become contracted and hard: at length the patient cannot open his mouth at all. "There is," says Dr. Beach, "no disease which is treated

with such a variety of medicines as the lock jaw. There are as many different applications as there are physicians, none of which seem to have much effect."

Although the faculty seldom, if ever, cure a case of lock jaw, with all the variety of means they employ, the Thompsonians seldom fail with one specific mode of treatment, at once simple but effective, thus—Pour into the mouth between the teeth, or by aid of a squirt, one, two, or even three tea-spoonfuls of Thompson's No. 6, every five minutes, till the jaws loosen : the vapour bath should now be given, and two or three injections, containing rather more than the usual quantity of lobelia : this tends in a powerful manner to subdue the spasms. When the patient can swallow, carry him through a thorough course of medicine, making free use of cayenne, bayberry, sculcap, and the common tonic bitters.

If the disease arises from a wound, apply the following poultice:—To a pound of fine oatmeal add a pint of yeast and a table-spoonful of ground ginger ; mix, put them near the fire till they begin to rise, then spread and apply it. The poultice must be kept warm, and changed night and morning.

"When a punctured wound is received in the palm of the hand or sole of the foot, for instance, from a nail or pin, the wound should be enlarged a little with the point of a small lancet, bistourie, or penknife, and No. 6, or spirits of turpentine poured in ; and this repeated several times a day, and a warm poultice applied, with a view to cause suppuration ; or beat the part gently with a piece of wood, or the handle of a knife, with a view to attract blood to the part, and to excite adhesive inflammation. Lock-jaw rarely or never occurs from such wounds when they discharge matter. "It has been observed," says Dr. Ewell, "that the less inflammation there is in the injured part, the greater will be the liability to tetanus. This circumstance has suggested the propriety of exciting inflammation in the wounded part by means of irritating applications." In almost every instance where locked-jaw has been brought on from punctured wounds, as when a nail has penetrated the foot, the disease has not appeared until after the wound has closed and the part free from inflammation."—Dr. COMFORT.

HYDROPHOBIA, OR CANINE MADNESS.

CAUSE.—In the human species it is always the result of a specific virus or contagion received from the bite of an animal labburing under the disease.

Magendie, in some remarks on hydrophobia, says—"Formerly, when an individual was seized with this terrific affection, the mode of treatment was as follows—and indeed, these charitable plans were employed at no very distant period from our own:—The wretched sufferer was either stifled between two mattresses, or bled from the four extremities, and allowed to perish from the loss of blood; or he was put into a sack, and thrown, sack and all, into a river. These methods of treatment, originally adopted from ignorance, were continued up to our own time, with the most culpable indifference."

TREATMENT.—The vapour bath, of itself, is said to be an invaluable agent in the treatment of hydrophobia. M. Buisson read an interesting paper on the subject before the Paris Academy of Arts and Sciences, in which he gives the particulars of his own case. He was called to a woman who was labouring under hydrophobia, and some of the poisonous saliva coming in contact with an ulcerated sore on one of his fingers, he contracted the disease himself. He says, "The ninth day after the accident, I suddenly felt a pain in my throat, and a still greater pain in my eyes; my body seemed to have become so light, that I fancied I could leap an immense height; and the skin on my ulcerated hand became so acute in feeling, that I thought I could have counted every hair on my head with it without seeing. The saliva was continually rising in my mouth, and not only the sight of shining objects, but the very contact of the atmosphere became painful to me. I felt a desire to run about and bite every animate and inanimate object but my fellow creatures; in fine, I experienced great difficulty of breathing, and the sight of water was more distressing to me than the pains in my throat. These effects returned at intervals of five minutes from each other, and it appeared to me that the pains originated in the diseased finger, and extended as high as the shoulder."

"M. Buisson," says a London medical journal, "concluding from these various symptoms that he was suffering under hy-

drophobia, resolved to make an end of himself by suffocating himself in a vapour bath. With this view he raised the heat to 140 degrees of Fahrenheit, but was delighted no less than surprised, to find that all his pains disappeared. He went out of the bath completely cured, made a hearty dinner, and drank more freely than was usual with him. He adds, that he has treated more than four score persons, who had been bitten by mad dogs, in a similar manner, and that they all recovered, with the exception of a child seven years old, who died in the vapour bath he was administering. The writer prescribes for all persons who have the misfortune to suffer from the bite of rabid animals, a certain number of vapour baths, and violent perspiration every night, produced by covering themselves with blankets, with a feather bed above them; this perspiration to be aided by drinking copiously of a hot decoction of sarsaparilla."

This may serve to give confidence in the following:—Upon an attack first give a tea-spoonful of No. 6, with a tea-spoonful of lobelia tincture; let double the quantity be added to half a pint of warm water in an injection; apply the vapour bath as soon as possible, and give the lobelia emetic as soon as perspiration appears: this should be attended with all the requisites for a *full course of medicine*. The course may be administered every twelve hours, and if the paroxysms are severe, the patient kept in them twice the usual time. The wounds should be cauterised or washed with No. 6, and a poultice of yeast, meal, and Venice turpentine applied, to keep up a discharge as long as possible. Stimulating teas of valerian, raspberry leaf, and cayenne should be given, and if at hand, strong tea of scullcap should be preferred to all others (see scullcap).

PALPITATION OF THE HEART.

This is nothing more than a symptom of disease—though

treated by the licensed to kill as a disease, for which they bleed, blister, salivate, and torture the patient into consumption and death. Though a symptom very distressing, it always depends upon other organic or functional disturbance, such as indigestion, consumption, liver complaint, or general nervous debility; and I have always found it easy to cure in prescribing for one of these disorders: relief being immediately given when the perfect equilibrium of circulation is restored. The nervine and vapour bath will generally effect this in a very short time.

HYSTERICS (HYSTERIA).

HYSTERIA, or hysterics, is characterized by a grumbling noise in the bowels, followed by a ball ascending to the throat, attended with a sense of suffocation, stupor, insensibility, convulsions, laughing and crying without visible cause, sleep interrupted by sighing and groaning, attended with flatulency.

SYMPTOMS.—However dreadful and alarming an hysteric fit may appear, still it is seldom accompanied with danger, and the disease never terminates fatally unless it changes into epilepsy or mania, or the patient is in a very weak and reduced state.

TREATMENT.—First loosen the dress, and then give two tea-spoonfuls of Thompson's No. 6, to be followed by a tea made of cayenne, bayberry, skullcap, or valerian, containing about half a tea-spoonful of lobelia to a pint; give a tea-cupful every ten or fifteen minutes until perspiration ensues; at the same time put the hot bricks and vinegar cloths to the feet and sides. If this does not succeed, give a *course of medicine* with stimulating injections: composition powders will often effect a cure in mild cases. Great attention should be paid to diet.

Exercise should be taken in the open air, and the spirits enlivened by cheerful company.

PAINFUL AND IMPERFECT MENSTRUATION.

This is owing to a weak action of the vessels of the uterus.

This complaint is a common and generally extremely harassing affection. In many cases severe pains are felt in the loins, back, and lower part of the abdomen, for six or eight hours previously to the appearance of the menses ; and sometimes the menses become suddenly arrested. At the same time violent pains in the hips, sides, loins, back, and thighs, with a distressing sensation of forcing or bearing down is felt. Cold is very frequently the cause of this ; and heat will generally remove it. Therefore the vapour bath or a regular course will in most cases be efficient when these distressing affections occur. Also, let the patient sit over the steam of a strong decoction of mugwort, and foment the abdomen with hot bitter herbs, such as wormwood, tansey and hops. Injections into the vagina, of warm mugwort and yarrow tea, are also excellent for this purpose. Take also of the following tea, made of equal portions of

Pennyroyal, mugwort, and thyme ..... one pint
Guaiacum .....quarter of an ounce
No. 6 .....quarter of an ounce

Take a wine-glassful every two hours during the distressing symptoms.

PROFUSE MENSTRUATION.—In the old system, females often fall victims to this distressing complaint. The principal thing to be observed in the new, consists of that which will

stop any other hemorrhage, namely, to relieve the tendency of blood to the part affected, and thus equalize the circulation. I once cured a case given up as lost, by ordering my patient to take upon first rising in the morning a strong dose of cayenne, and at the same time to sit in a shallow bath of cold salt water for two minutes; thus, while the cayenne in the stomach drew the circulation to the centre of the body, relieving the pressure of blood on the capillaries, the cold water contracted and closed their mouths; the cure was quick and permanent.

FLUOR ALBUS, OR WHITES.

THIS complaint is always attended with general debility, and a permanent cure is only to be looked for in a restoration of the vigour of the whole system; for this give a course or two of medicine, and follow it up as for indigestion. Inject also into the vagina, with a female syringe, a decoction of bayberry and cranesbill every morning, sponging the body with cold salt and water. Nourishing diet, and exercise in the open air are indispensable.

SUPPRESSION OR RETENTION OF THE MENSES.

IN obstinate cases the system should be first warmed with the usual stimulants, composition powder, or spiced bitters; they should be given in pennyroyal tea; when circulation is restored, a vapour bath or full course of medicine once a week will

prove in most cases highly beneficial, and after a few weeks will generally produce the desired effect. Emmenagogues, or forcing medicines, should not be used to bring on the menses, except there is a struggle or effort of nature to effect it, which may be known by the periodical pains, pressing down about the hips and loins; when this occurs let the patient drink freely of a tea made of mugwort, to which add a small quantity of cayenne and lobelia; let the patient also take three drops of the oil of juniper upon lump sugar four or five times a day.

DROPSY (HYDROPS).

Dropsy is a disease which consists of an unnatural accumulation of fluid, either in the cellular tissue, or any of the cavities of the body; as the chest or abdomen. This disease is divided into several kinds by the faculty, and named according to the locality in which it may be situated. Thus if the effusion takes place in the abdomen, it is called ascites; if in the chest, hydrothorax; and if in the cellular tissue, anasarca. Now, whatever may be the remote causes of dropsy, such as mercury, blood letting, cold, or habits of intemperance, the immediate or proximate cause consists of a weakness in the absorbent vessels, which are unable to take up and expel the morbid fluids through their natural channels the skin and the kidneys, so that in general it may be said to be obstructed urine and perspiration. In the commencement of dropsy of the cellular membrane or tissue, it shows itself by a swelling of the feet and legs towards evening, which for a time disappears again in the morning. The tumefaction soon becomes soft and inelastic, so that when pressed upon by the finger it

retains the pit or mark for some time, the skin is paler than usual, and looks like lard, when pressed. By degrees the swelling ascends, and occupies the trunk of the body, and at last even the face and eyelids appear full and bloated; the breathing then becomes difficult, and thirst is considerable. The bowels are generally costive.

TREATMENT.—Let the locality of the dropsy be in whatever part of the body it may, its cure must depend upon the restoration of the lost powers of the excretory organs; for this purpose the vapour bath fulfils the most important indications in the treatment of this complaint. My usual plan and advice is, first to warm the system with frequent doses of cayenne or composition powder, four or five times a day, for the first two or three days; giving also the diuretic mixture advised in inflammation of the kidneys, and every night placing the hot brick and vinegar cloth to the feet in bed; also gently moving the bowels with pills, No. 3. After thus preparing the system, the patient should be carried through a regular or partial course of medicine two or three times a week, until all the swelling is reduced, and the perspiration and urine are completely restored. The perspiration during each course should be as profuse as possible, and in severe cases the patient may remain half an hour or even an hour in the vapour bath *(see course of medicine)*. Upon those days when the courses of medicine are omitted, the skin should be briskly rubbed every night and morning with a coarse towel or flesh brush. There are a great variety of diuretics employed by the Thompsonians in the cure of dropsy, although their chief reliance is upon the constitutional treatment recommended. The following diuretic was a great favourite with Dr. Parish:—Take parsley root, mustard seed, horse radish and burdock root in equal proportions, bruised or grated; put them into a stone jug with a portion of sound cider, from half a tea-cupful to a full one to

be taken three or four times a day. If this should increase the flow of urine it should be continued, unless it disagrees with the stomach. Haarlem oil, says Dr. Comfort, has been used with surprising effect in some cases of dropsy. The dose for an adult is twenty drops, taken in a table-spoonful of boiled milk, and repeated three or four times a day. Amongst the best diuretics, are cleavers, yarrow, broom tops, juniper berries, and above all the wild lettuce. This latter was a great favourite with Dr. Thompson, who says he once cured a patient of this disease without any other remedy. I have found, says Dr. Mattson, the following to answer a very good purpose :—Take of juniper berries, pounded, one table-spoonful ; poplar bark, cayenne, bayberry, and scullcap or valerian, each a tea-spoonful ; lobelia, half a tea-spoonful ; boiling water, one pint. Steep, and sweeten to suit the taste. This may be kept warm, and the whole taken in the course of twenty-four hours. See also other diuretics recommended in this work, any of which it will be proper to employ in this disorder, so that where one prescribed cannot be obtained, the reader's judgment will lead him to another to supply the place.

SORE AND INFLAMED EYES.

This is generally caused by exposure to sudden changes of heat and cold, sleeping in a draught, or from fine particles of dust getting into the eyes. The eyelids swell and become glued together by the discharge of matter, and the light is difficult to be borne. When inflammation has been dependent only upon the above causes, I have found it easy to be removed

by a weak infusion of lobelia, combined with raspberry leaf. This is excellent for the sore eyes of children, and in adults where it can be better borne, a stronger and more effectual remedy can be made by adding one third of tincture of myrrh, with a small quantity of cayenne, macerated in it and well strained. In removing pearls from the eyes, I have found an excellent remedy in a decoction of the larger celandine, to which a small quantity of cayenne and lobelia has been added. In every case of bad eyes, I have also dipped small fine linen rags in this, and laid them in the form of small pads bound on over the eyes at night in bed; these act as poultices, and rapidly reduce inflammation. It should be observed that when disease of the eyes arises from constitutional disorder, such as scrofula, venereal taint, &c., no effectual cure can be expected, until the system is thoroughly cleared by the remedies recommended for these disorders.

BURNS AND SCALDS.

The principal object to be effected in these cases, is to shield the wounds or suffering parts from the irritation of the air, and to employ for this purpose something of a healing nature; and as the acute sufferings of the patient render an instant application of the utmost importance, I shall mention several modes of doing this. If the burn or scald be confined to an arm, foot, or leg, immerse it in treacle; this will immediately remove the pain; after this, wet linen or calico rags can be bound over it, and instead of taking off the same, which would only expose the part to irritation, keep it wet with cold water, and bind a dry cloth over it.

A poultice madde of slippery elm, milk and olive oil, is strongly recommended by some Thompsonians, also raw cotton, covered with bladder, skin, or oiled silk. But whichever of these applications is made use of, it should remain on for at least a day.

Remedy for a burn.—Take of fir balsam a table-spoonful, more or less, and double the quantity of sweet oil. Spread this on a piece of fine linen, and apply it to a burn or scald, where the skin is off. It will generally effect a speedy cure.

CHILBLAINS.

If the parts have been recently frozen or frost bitten, the fire must not be approached, but the cold gradually abstracted. The affected part may first be immersed in snow or cold water, which will remove the frost, after which let brisk friction be used with oil of turpentine; if there is much pain, apply a slippery elm poultice every night, and during the day dress the broken parts with the fir balsam recommended in burns and scalds.

BLEEDING FROM THE NOSE.

The vapour bath, by equalizing the circulation, will generally stop bleeding from the nose, or any other locality, where there is but a small hemorrhage, caused by the rupture of the small arteries, or capillary vessels, but this is not always convenient or necessary. The following directions are usually sufficient:

Snuff up the nose cold bayberry tea or alum water, or moisten a piece of cotton, dip it in fine powdered bayberry, and put it up the nostrils. At the same time take a strong dose of cayenne, apply a cold wet towel a few minutes to the nape of the neck, and hold up the left arm in a perpendicular position. Placing the feet in warm water is also a great assistance.

BONE SETTING.

THERE is one part of the new practice, says Dr. Robinson, which I wish to recommend to general notice: Dr. Thompson's method of reducing the contracted muscles, in the occurrence of broken bones and luxations. It is very simple and effectual, and of such power and influence over the contracted muscles, that the patient can have the bone set, or the luxation reduced, almost without any pain. The great importance of this simple practice need not be impressed on those who have witnessed the agony of setting bones, and reducing luxations in the usual and established practice. I have known a piece of the bone sawed off, in order to its being set, such was the contraction of the muscles. This state of terrible suffering to the patient, and moreover being rendered by it lame for life, was so dreadful to behold, that Dr. Thompson's simple mode of reducing the muscles, is of itself, sufficient to *immortalise his name*, if he had never made another discovery.

This simple mode of setting bones, praised so highly by the above eminent physician, has, both in the cities and wilds of America, saved hundreds the long protracted agony usually occasioned by all the delay, machinery, and force, not to say expense, of the old system. Others have often described this

method, but I prefer giving it in Dr. Thompson's own words. He says :—

"In cases where a joint is put out, or a bone broken, give a dose of No. 2, or the composition powder, with half a teaspoonful of nerve powder, which will promote perspiration, prevent fainting, and quiet the nerves ; then wrap the part in cloths wet with water as hot as it can be borne, and pour on the warm water, placing a pan underneath to catch it for a short time ; when the muscles will become relaxed, so that the bones may be put in their place with little trouble. I was once called to a woman who had put her elbow out by a fall from a horse. It was badly out, being twisted about one quarter of the way round. I stripped her arm, and wrapped a towel dipped in hot water around it from the wrist to her shoulder, then placed a pan under her arm, and poured on the water from a pitcher as hot as she could bear it for about fifteen minutes. I then took off the towel and directed one person to take hold of the arm above the elbow, and another below, to steady it ; and then placed my fingers against the end of the bone on the other side, and my thumb against that on the upper side, and by a gentle pressure each way, set the joint without pain, or force on the muscles, to the astonishment of all present, who calculated that it would require the strength of several men. I then wrapped it up in the same towel, which had become cold ; this brought the muscles to their proper place. I put her arm in a sling and she walked home that night, about a mile, and the next day was well enough to knit all day. In case a shoulder is out of joint, I relax the muscles in the same manner, and put the arm over my shoulder and lift it up, which has always put the joint in its place without danger, and with very little pain to the patient ; and then, by applying cold water, the muscles will become braced, so that there will be no danger of its getting out again.

"I once knew a case where a man had his hip turned out, and several doctors had exhausted all their skill in vain to set it, when one of my agents being present undertook it by my plan of treatment, and after he had relaxed the muscles sufficiently, put his knee against the hip joint, and placing his hand upon the inside of the knee, turned the leg out and pressed the joint into its place without any difficulty."

SYPHILIS, OR VENEREAL DISEASE.

THERE are two distinct forms of this disease, the one commences with heat and pain in the urethra, with great scalding upon passing the urine, and attended in a few days by a constant discharge of white matter: this is called gonorrhœa, or clap.

The other, having none of these symptoms, commences with what are called chancres, which are small ulcers situated upon or under the gland of the penis. The virus of both kinds of this disorder is contagious, capable of being communicated by accident to persons innocent of that to which it is usually chargeable. Yet impure connexion is the well known and general cause of the complaint. The reason why this disease creates so much fright and alarm is owing to two causes; the first is the disgrace which is attached to the character by contracting it, and the second is owing to the manner in which it has generally been treated; the faculty for the most part obstinately adhering to the notion that it is impossible to be cured without salivation. Indeed, there is perhaps no disorder wherein mercury is more relied on, or produces more lasting and ruinous consequences.

The grand principle which is supposed to be held in view in the old practice is, that no two contagious diseases can exist at the same time in the body; so the mercury is given to produce an artificial or drug disease, and thus the poison of the one is made to absorb or kill the virus of the other. Now, however much it may be thought by the old school that mercury is indispensable, so far from its being so with the new, I am happy to say that I have often cured inveterate cases by the botanic practice alone, some of these too, of four and six

years' suffering, where the syphilitic virus had diffused itself through the whole system, and become what is termed confirmed lues. These persons had been alike the victims for a time of licensed and unlicensed quackery, and had in vain tried one doctor after another, who after plundering them of all they could get, left them in a state utterly hopeless of ever obtaining relief from this source.

In the treatment of gonorrhœa I usually commence with the following mixture:—Take two good handfuls of cleavers, poplar bark, sarsaparilla, valerian, and cubebs, of each an ounce; simmer, covered in two quarts of water, for two hours, strain and add cayenne and lobelia, each a level tea-spoonful, and tincture of guaicum half an ounce.—Dose, a wine-glassful three or four times a day. This will generally be found sufficient to effect a perfect cure in a short time, if commenced in the first or second week of the disease; but if of longer standing, copaiva balsam should be taken in doses consisting of two or three capsules night and morning, or three times a day. To check chordee, a piece of gum camphor, the size of a pea, should be taken at bed time.

Injections into the urethra are of signal benefit, both before the inflammation becomes very active, and even after it is subdued, or the disease has left a gleet. These may consist of an infusion of lobelia, raspberry leaves, or sumach, rendered pungent with a few drops of No. 6, or tincture of myrrh. They should be milk warm, and administered immediately after passing the urine. The parts, loins, and pudenda should be well washed night and morning, in cold salt water; and where there is swelling of the testicles they should be steamed. The vapour bath should be rendered acid with vinegar. In the treatment of females the injection, per vaginum, should be employed three or four times a day, and the medicine taken as before recommended. A course of medicine is not generally

necessary in gonorrhœa, unless the health is otherwise greatly impaired, or where there has been former treatment, with mercury and nitre left in the system.

SYPHILITIC SORE OR CHANCRE.

THIS species of the venereal commences with the formation of a small pimple, which in a few days breaks into an open sore or ulcer; it is either situated upon the glans penis, or in the skin that covers it. When this is badly treated or neglected, it soon assumes a highly malignant character: sometimes it is slow in its progress, at other times it spreads with great rapidity, occasioning extensive sloughing of the parts, and is contagious. The virus will likewise be carried all over the system, engendering what is called secondary symptoms. In this state it is liable to break out in various parts of the body, often attacking the nose and eyes, and sometimes destroying these important organs.

This kind of venereal may be easily cured if taken in its earlier stages. The ulcer should be well washed with strong soap suds, at least night and morning; after which, the rheumatic drops or tincture of myrrh should be laid on with a pencil or feather. Great benefit will be derived from a poultice made with finely pulverised bayberry or sumach, wetted with tincture of lobelia—its moisture often renewed with the same. In some cases this is changed, with benefit, for a poultice of lobelia. In bad cases, or under bad treatment, both this kind and that of gonorrhœa is often attended with swellings in the groins, called buboes. These if not dispersed suppurate, and discharge large quantities of matter. When the bubo appears, in either case it should be fomented with warm bitter herbs, and cotton wadding several times folded and dipped in the rheumatic drops, should be bound on the parts.

The internal medicine should be given upon constitutional principles; the warmth of the system should be raised with frequent doses of cayenne, or spiced bitters; lobelia pills should be administered as the patient can bear without producing nausea.

This should be accompanied with a general medicine, made according to the mixture for gonorrhœa, in which the sarsaparilla and cubebs may be changed for wood sage (see also prickly ash bark). This medicine, well persevered in, will be found to succeed in all mild cases; but where there has been old treatment employed, or the disease has deeply entered into the system, a regular course of medicine per week becomes indispensable to arouse and aid the powers of nature to expel the poison. As in any other eruptive disorder, the diet should be light, and free from salt.

THOMPSONIAN COURSE OF MEDICINE.

Of all the discoveries ever yet made with a view to expel disease from the human system, and restore it to healthy action, none have ever approximated to a tithe of the excellence that can be claimed and proved in defence of this peculiar treatment. *The course* may be said to be a concentration of all the Thompsonian remedies brought to exert their full influence upon the whole system at one and the same time, making the *modus operandi* of all specific, and philosophically in accordance with the principle that "heat is life"—simultaneously arousing into powerful attraction every function of the system, expanding the vessels, increasing circulation, secretion, and excretion, and thus exciting these powers to their fullest extent, to expel the morbid matter by every natural channel. The results of the Thompsonian course, when well and fully administered,

often appear miraculous: this is the case in fever and inflammation, sometimes even in chronic cases, by removing in a single course, distressing symptoms that have defied the application of other treatment for years. To describe the course briefly, it may "be said to consist of injections to evacuate the bowels, astringents to cleanse the mucous membrane of the alimentary canal, stimulants and vapour bath to promote perspiration, and emetics to free the stomach from its vitiated contents."

"This," says Dr. Mattson, "is the *one remedy for all diseases*, which the diplomatised physicians long condemned as unphilosophical and absurd. I do not hesitate to say, however, from what I have seen of the routine practice in our public institutions, that a *course of medicine* will do more in a few hours towards the removal of disease, than is often accomplished by the old school physicians in weeks, or even months. It tends directly to tranquillize the circulation, remove obstructions, invigorate the skin, promote appetite and digestion, and every organ and part of the body to a natural and healthy condition. If these results are produced, it matters not what may be the type of the disease, for nothing further can be done towards the perfection of a cure."

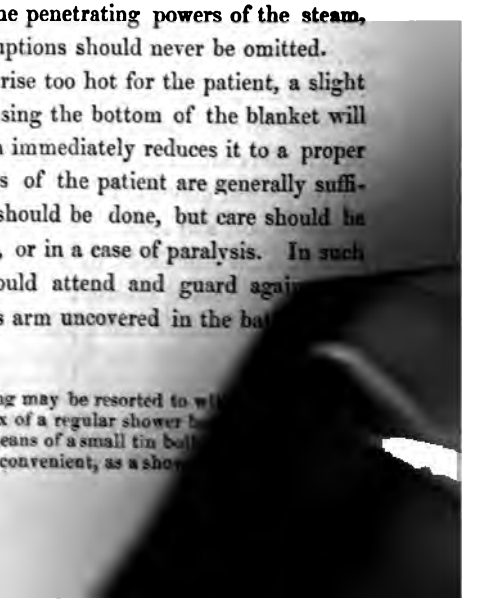
Before commencing the directions for *the course*, I would have it observed, as already remarked in the indications of cure for the several diseases, that in all chronic cases, or where the system is cold and torpid, it should be first warmed for a few days with the stimulants usually recommended; but in acute or sudden attacks of disease it may be administered at once.

When it is decided that a patient shall be carried through a full course of medicine, the vapour bath should be the first thing administered. This can be done in several ways; the most simple is quite effective, and is usually adopted. This is to place the patient, divested of his clothes, in an open-bottom chair,

throwing a large blanket or quilt around the neck, leaving the head or face uncovered. The covering should be large enough, while loosely enveloping the chair and patient, to exclude the air from entering the bottom, by falling in ample folds upon the floor.

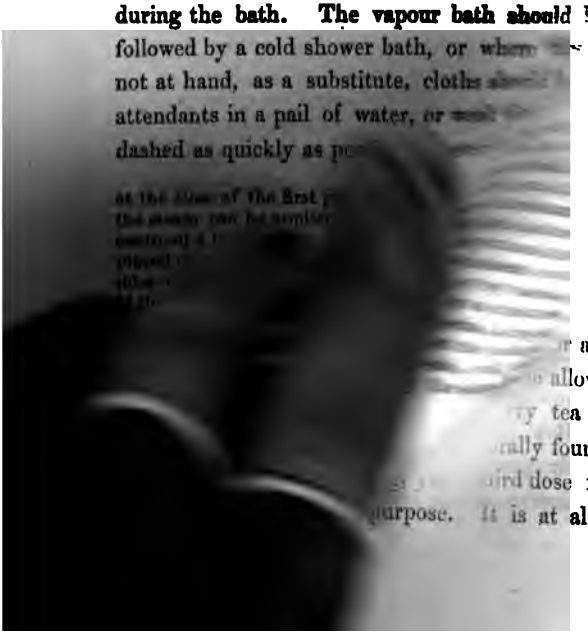
The feet should either rest upon a stool, or the chair rail, exposed to the steam, or be placed upon a warm brick, enveloped in a cloth, wet with vinegar. A shallow tub, pan, or dish, should be placed under the chair, containing two common bricks made red hot; these should be set upon their narrow sides at first, in order that when more steam is needed it can be increased by laying them flat. Care should be taken that these are perfectly dry before being put in the fire, and red hot at least on one side previously to being placed in the pan: other bricks should be kept in readiness in case they should be wanted. About a quart, or as much hot water as is necessary, should now be carefully poured in from the sides of the pan, so that the vapour rises not too suddenly upon the patient. If a table-spoonful of vinegar be poured upon the bricks at the same time, it much improves the penetrating powers of the steam, and in cases of fever or eruptions should never be omitted.

Should the vapour bath rise too hot for the patient, a slight opening in the front, or raising the bottom of the blanket will permit a rush of air, which immediately reduces it to a proper temperature. The feelings of the patient are generally sufficient to decide when this should be done, but care should be taken in steaming a child, or in a case of paralysis. In such instances, one person should attend and guard against too great a heat by holding his arm uncovered in the bath during the process.*



* Other methods of steaming may be resorted to with convenience, such as converting the box of a regular shower bath into a steaming from bricks, or by means of a small tin boiler, and conducting the steam into it; this is most convenient, as a sho

The temperature at which the bath can be taken varies much, rising from ninety-eight to one hundred and fifteen degrees. The patient should be instructed to bear as high a temperature as possible, which, it should be borne in mind, he is better enabled to do, by raising the internal heat. This will be effected by drinking freely of the cayenne and bayberry tea, or, as Dr. Thompson expresses it, by keeping the fountain above the stream; that is, the centre hotter than the surface of the body; by which the fluids are in constant determination to the surface, and made rapidly to pass off in perspiration. If, however, the patient should become faint and languid during the steaming, his face and breast should be wetted with cold vinegar and water, or a tumblerful be dashed over him: this will immediately revive him, and prove refreshing or grateful. He should continue in the bath until free and copious perspiration ensues, which will generally be found to take place in the course of fifteen to twenty minutes. One or two good draughts of the stimulating tea should be given during the bath. The vapour bath should be followed by a cold shower bath, or where this is not at hand, as a substitute, cloths should be dashed by attendants in a pail of water, or [illegible] dashed as quickly as possible [illegible]



berry tea, vomit till a an hour; and allowed to remain tea may again be ally found to be sufficient dose is often given purpose. It is at all times better

z

This removes offensive matter, restores the tone of the skin, and braces up the muscular system. This should never be omitted at the close of the bath, unless the patient is extremely feeble.

Dr. Mattson observes "that whatever may be said in opposition to this practice, it is based upon correct principles, and is productive of beneficial results. The momentary application of the water does not occasion a chill, but quickens the circulation and causes the blood to flow in an increased quantity into the vessels of the skin, giving it warmth, fulness, and a bright glowing colour. Under these circumstances the patient is much less liable to take cold, or to be injuriously affected by the atmosphere. The moment the shower bath is administered, he is refreshed and invigorated."

After the cold dash, the patient should be rubbed briskly from head to foot with coarse towels, and put to bed either between blankets or in a warmed bed. Hot bricks are to be put to his feet, and stimulants to be frequently employed in order to maintain a gentle perspiration. Having decided upon the form in which the vapour bath is to be employed, and observed the foregoing particulars, the next thing to be provided is the tea for the course, and though this may be made as recommended in fever, the best to be employed is the following:—

Take of

Powdered bayberry .....five heaped tea-spoonfuls
Scullcap or ladies' slipper ....two tea-spoonfuls
Cayenne .....half a tea-spoonful
Boiling water .....one quart

Steep it in a covered vessel, and set it by the fire to be kept warm.

The course is now to be commenced by giving the patient a cup of the above tea, well sweetened. This is to be followed by an injection, prepared by steeping half a tea-spoonful of lobelia in half a pint of the tea, adding about two tea-spoonfuls of treacle. This is to be strained from the sediment and administered when lukewarm. When it is necessary to make a

powerful impression upon the system, the quantity of lobelia should be increased, adding also a table-spoonful of No. 6, the latter being always employed in cases of diarrhœa. Sometimes nausea or pain follows the injection, especially if it be long retained in the bowels; but so far from this exciting alarm, it is generally attended by the best effects, arousing the sensibility of the stomach and bowels against disease.

As soon as the bowels have been evacuated by the injection, the bath should be employed, and another cup of the tea given. If the patient be chilly, or the perspiration tardy, it may be repeated every ten minutes. Great advantages are derived from this tea—the rough or astringent properties of the bayberry cleanses the coats of the stomach from the cold mucus, whilst the cayenne, as a pure stimulant, diffuses heat over the system, supports the equilibrium, and invigorates the excretory organs, to loosen and cast out all morbid matter.

THE EMETIC.—This should be given immediately after the bath, when the patient is in bed. For the course, it should be prepared thus:—

Take of

Lobelia, (pulverised seed).....one tea-spoonful
Cayenne .....half a tea-spoonful
Valerian.....one tea-spoonful
Treacle.....two tea-spoonfuls

Mix these well in a tea cup two-thirds full of hot bayberry tea, to be taken luke-warm. This is not expected to vomit till a similar dose is taken in about half an hour or an hour; and if the latter does not act, the patient may be allowed to remain quiet for another hour, when the bayberry tea may again be given. Although this quantity is generally found to be sufficient to produce active vomiting, yet a third dose is often given in larger quantities for the purpose. It is at all times better

that it should remain an hour during the course, as it renders the operation more easy and effectual. Sometimes the patient falls asleep during the emetics, when it is better that he should not be disturbed.

THE SECOND VAPOUR BATH.—"The proper time," says Dr. Comfort, "to administer the last steam bath in a course of medicine, as a general rule, is, when the patient ceases to sweat, or becomes restless after the operation of the emetic. If the patient continues to reach and vomit a long time, there is nothing so effectual to settle the stomach as steaming. When this is continued long enough, the patient must be showered with cold water and vinegar, rubbed dry and kept warm, as after the former bath. He must also be placed in a warm room, and warm bed, at all times taking care that the cloths are frequently changed, and that nothing is left damp about the patient.

This finishes a *full course of medicine*, which may last from three to six hours; for it is better to allow the emetic to remain an hour or two, than forcing the patient to drink largely of teas as soon as it is taken;—consisting of a vapour bath, followed by an emetic and stimulating teas.

A SHORT OR PARTIAL COURSE is more often administered than the *full course;* for, except in deep-seated chronic disorders, such as dropsy or rheumatism, or in very severe and desperate cases of virus, such as hydrophobia and confirmed lues, the full course is seldom applied or needed; not that it is at all productive of danger, though alarming symptoms sometimes attend it. In this country, where the Thompsonian system is as yet but little known, people, through fear and ignorance, are apt to become excited, and call in a doctor; serious consequences then follow, for the faculty are at all times too ready to exert all their powers to crush a rival system. It is from this consideration that I would advise the botanic friends

before administering a course, to well acquaint the patient and his friends of the possible symptoms attending it.

"The alarming symptoms do not often occur," says Dr. Thompson, "excepting a chronic disease; then they indicate a crisis." He has known a patient to sob for hours, without being able to lift his hand to his head, and yet be on his feet the next day, attending to his business. He remarks that, "persons who have taken a considerable quantity of opium, will sometimes be thrown into a state of unconsciousness, and appear to be dying, but in a few hours awake, as if from a refreshing sleep, and speedily regain their health and vigour." But all these distressing symptoms are more liable to occur where the system has not been sufficiently prepared for the course.

MATERIA MEDICA.

PURE AND HEALTHY STIMULANTS.

Capsicum baccatum and capsicum annuum.—It has long been a subject of deep importance to physicians, to find a stimulant at once powerful and not narcotic. Bark and spirits both fail in this respect, and laudanum destroys sensibility and deadens the vital powers. Capsicum supplies this grand desideratum. It is a stimulus, at once powerful, permanent, yet not narcotic. It supports the natural heat of the viscera and internal action beyond anything heretofore known. It restores the equilibrium of the circulation, by rapidly diffusing its warmth over the whole system. This article is called No. 2, by Dr. Thompson, in his materia medica. It is one of the greatest value in his practice, making a part of almost every prescription, and constitutes the chief ingredient employed by him and his followers in acting upon the fundamental principle

of his theory, that "heat is life," &c. Of capsicum, there is a great variety, many species growing both in the East and West Indies, South America, and Africa. These are all of very different qualities; nevertheless, the pods of them all are ground up and sold for cayenne pepper.

It should, therefore, be well understood, that the African cayenne, called capsicum baccatum, or bird pepper, is the one that far excels all others for medical purposes; and although the same species from the West Indies is the nearest to this in quality, still the African is to be preferred whenever it can be obtained pure; but as this brings the highest price in the market it is seldom to be met with free from adulteration at the grocers' or apothecaries', or even in the hands of the wholesale dealers from whom they are supplied, and this is a matter of deep concern, both to the sick and the practitioner. It is not of so much consequence that one kind of cayenne is sold for another, as that all in a ground state are liable to pernicious adulteration, and others are reduced in quality by mixing other ingredients with them, such as curcuma, logwood, the bark of the sycamore, dye stuff, and even red lead. Some of these things may be detected, others escape the most rigid scrutiny. Red lead may be detected by boiling the pepper in vinegar, filtering the solution, and adding to it the sulphate of soda; by this process, a white precipitate powder will be formed, which, after being dried, exposed to heat, and mixed with a little charcoal, will yield a small globule of lead. Another way is, to burn cayenne on a clean tin on the fire; if a black sediment remains, red lead or some other mineral may be suspected. The only certain security against adulteration is the plan that I adopt, namely, to purchase in the pod, and have it ground under my own inspection.

Dr. Samuel Thompson, treating of cayenne, observes: "When I first began to use this article, it caused much talk

among the people of Portsmouth and the adjoining towns. The doctors tried to frighten them by telling them, that I made use of cayenne pepper as medicine, and that it would burn up the stomach and lungs as bad as vitriol. The people generally, however, became convinced by using it, that all that the doctors said about it was false, and proved their ignorance of its medical properties; and that in making these assertions they were influenced by a feeling of malice towards me. It soon came into general use; and the knowledge of its being useful in curing disease was spread all through the country. I have made use of cayenne in all kinds of disease, and have given it to patients of all ages and under every circumstance, that have come under my practice; and I can assure the public that it is perfectly harmless, never having been known to produce any bad effects whatever. It is, doubtless, the most powerful stimulant known. It is congenial with nature, having a direct tendency to sustain the natural heat of the system, on which life and heat so materially depend. It is extremely pungent, and when taken sets as it were the mouth on fire. This burning, however, continues but a few minutes, and I consider it essentially a benefit in many cases, as it causes a free flow of saliva from the glands of the mouth and throat. To one not fully acquainted with the effects of cayenne pepper, it may appear to be a strange practice to give this article in cases of fever. Singular as it may seem, it is nevertheless true, that, excepting lobelia, there is no other article of equal value with cayenne pepper in the cure of fevers in general. The declarations of physicians, that the use of cayenne internally, will aggravate fever, or that it will increase inflammation in the stomach and bowels, is contradicted by the experience and observation of thousands of men and women possessed of as much sense, and as capable of appreciating the effects of this medicine which they have tried, as men of the medical profession."—COMFORT'S THOMPSONIAN PRACTICE.

The next pure stimulants to cayenne are black pepper and ginger. See page 88.

Allspice.—This is a good stimulant and aromatic; it warms and strengthens the stomach, disperses wind, promotes urine and the menses, and fortifies the nervous system. It is excellent to cover other medicines, prevent sickness and vomiting; the same also may be said of nutmeg and cinnamon, articles both well known.

Clove (*caryophillus aromaticus*).—The common cloves of the shop need no other description: they are of a hot pungent nature, being the most acid of all the aromatic class. They are not only stimulant but antiscorbutic: excellent in colic and cramps—dispel wind, and create an appetite. The oil of cloves is one of the best remedies for the tooth ache, by dipping a small piece of lint in it, and applying it to the aching tooth.

Aniseed.—Aniseeds have an agreeable aromatic smell, and are cordial and warm to the taste, with a slight degree of sweetness. They are a good substitute for cayenne, in the medicine for infants, and serve to cover the disagreeable taste of other articles. They remove griping pains, purging, and tough phlegm; stay the hiccup, and operate gently, by sweat and urine.

Angelica.—This is a large and beautiful plant, grown by gardeners, and also found wild in some parts of this country, mostly in woods. It sometimes grows to the height of six or eight feet; the stalks are robust and divided into branches. The leaves are large, much resembling those of celery. The flowers are small, standing in vast clusters, forming an umbel. Every part of the plant is useful in medicine, but the roots and seeds in the highest degree.

Angelica contains in itself several valuable principles, and perhaps possesses the highest medical virtue of any one plant growing in this country; being hot and pungent—it is a stimulant. As a diaphoretic, or sweating herb, it is unequalled; hence I have always employed it when it could be procured. In fevers it is also diuretic, acting beneficially upon the kidneys and bladder: excellent in dropsy and inflammation of the kidneys. Indeed, I know of no disease, except diabetes, in which this valuable plant could not be administered with benefit. It is cordial, sudorific, and stomachic; and highly beneficial

in the diseases of infants, when combined with raspberry leaf. I have found it, as it were, a remedy for all disorders; in fact, combined with an astringent, it fulfils all the indications of cure in the new system. The roots and stalks are sometimes candied, and in that state are equally efficacious, and more agreeable to the taste. The angelica is far from being so nauseous as many other articles; even the pungency is not felt in the mouth until some time after it is chewed, and is therefore but little felt when made into decoctions. Some idea of the virtues of this plant may be gathered from the following:—I was once advising a patient, for a severe cold, to take a dose of angelica upon going to bed, that he might be thrown into a sweat.—A labouring man who stood by, exclaimed, "Ah, that will cure you: it always cures me." He then declared to me that he had a plant of it growing at the bottom of his garden for many years. All his family had been at times ill with the different diseases to which children are subject; but they never had any other doctor or physic; the angelica proved a universal remedy, and had cured them of all complaints. Angelica is a hardy, thriving plant, will grow almost anywhere, can be propagated by seeds, or separating the roots. I should, therefore, advise all my botanic friends who have gardens, to grow angelica.

Peppermint (*mentha piperito.*)—This plant is at once sudorific, and antispasmodic: it may be administered with much advantage in all nervous affections of the stomach, such as flatulence, colics, spasmodic vomitings, &c. It is a useful adjunct to other medicines, facilitating their action, and concealing their odour and unpleasant taste. It is excellent to allay vomiting, and may be given in powder, infusion, or the essence of the shops, which I have employed most successfully to cover the taste of lobelia, given in syrup, or tincture. A dose of the oil is from one to three drops—taken upon lump sugar.

Spearmint (*mentha viridis*).—This mint possesses similar virtues to the former, and is also an excellent remedy in gravel and suppression of urine. The oil is valuable in rheumatic affections. Cotton, wet with the tincture, is said to afford immediate relief from the piles.

Pennyroyal (*mentha pulegium*).—This herb grows common in our garden, and is well known. It is an article of great value in medicine, and a tea of it may be used in all cases of sickness; it is warming to the stomach, and if drank freely will produce perspiration. In carrying a person through a course of medicine, a tea of this may be given for drink; it will soothe the operations of other medicine. Pennyroyal is carminative, stimulant, diaphoretic, and emmenagogue; and in its last character is a popular remedy, both in this and other countries, for the suppression of the menses: it may also be employed with other herbs. While boiling this, the mints, and all other herbs that are aromatic, care should be taken to keep the vessel closely covered, or their essential oils and volatile principles will be driven off.

EMETICS.

THESE are medicines that produce vomiting. The principal emetic is lobelia inflata, of which I have given a full description in previous pages.

The secondary emetics are blue flag, vervain, bayberry bark, groundsel, mustard, skunk cabbage, and blood root. If the stomach is very much disordered, a tea of bayberry will operate as an emetic, but not otherwise. The secondary emetics are never recommended where the lobelia inflata can be procured. See lobelia inflata, pages 83, 97, &c., and index.

ASTRINGENTS AND DETERGENTS.

"STRANGE as it may appear," observes Dr. Comfort, "it is nevertheless true, that one of the most important indications for the cure of disease has been, as yet, overlooked by the medical profession, viz., the removal of morbid secretions from the stomach and bowels, by the use of astringents."

The faculty use astringents of a binding nature, and prescribed with this view, but Dr. Thompson, by a long course of experiments, discovered a number "good for canker," as he terms it, which may be taken without producing costiveness. Bayberry, sumach, white pond lily, and wild raspberry leaves, are the articles principally employed for cleansing the stomach and bowels of morbid secretions or "canker," and to overcome this tendency to putrefaction.

Bayberry (*myrica cerifera*).—This is a shrub found in most parts of North America, where it grows to the height of from ten to twelve feet. The stem of the bayberry is covered with a greyish bark, and is thickly branched at the top: the leaves are a shiny green upon the upper surface; the flowers appear in May, and are succeeded by small berries (see cut in page 141). These berries, by boiling, yield a wax, similar to bees' wax, from which the plant derives the name wax myrtle, or candle berry.

Of all the articles mentioned under the head of astringents, the bark of the bayberry root is the best, and the one most generally employed in this system of practice. As an internal remedy it is most valuable, in cleansing "canker" from the coats of the internal organs. It is astringent, bitter, and pungent; producing a stimulating effect upon the mouth, leaving it clean and moist. In the stomach it combines with the viti-

ated secretions upon its surface, causing them to be detached. It produces also the same effect upon the mucous membrane of the bowels; and used as a gargle in putrid sore throat, detaches flakes of offensive matter. It makes a good wash or poultice for old sores and ulcers, formed by scrofula. Sprinkled in a fine powder three or four times a day it is an effectual remedy for proud flesh. Combined with blood root, as a snuff, it is a remedy for polypus.

Bayberry is a valuable remedy in diarrhœa. The decoction administered in doses of a tea-cupful, with a table-spoonful of rheumatic drops, and repeated two or three times a day, will scarcely fail to effect a cure in any ordinary case. The powder makes an excellent dentifrice; it not only cleanses the teeth, but renders the gums sound and healthy. It is said to cure the headache.

"In some parts of Massachusetts," says a medical writer, "it is used as a common remedy in scarlet fever, and is given without any regard to quantity." "I have been credibly informed," says Dr. Mattson, "by parents, that they have cured their children of scarlet fever with this article *alone*, after the attendant physicians had given them up as hopeless."

The best substitute to be found in this country for this valuable shrub is, the bark of the dewberry or blackberry root.

Wild Red Raspberry (*rubus strigosus—the leaves*).—The leaves of the raspberry are a good astringent, and are also slightly bitter; it is a good substitute for bayberry; it grows plentifully in this country, both cultivated and wild, which makes it available and highly valuable in this practice. Dr. Thompson, speaking of this article says, "I believe raspberry leaves were never used in medicine till discovered by me. When at Eastport, I had no article with me good for canker, and resorted to my old plan of tasting, and found that these leaves were good for this complaint: made into a strong tea, it an-

swered every purpose I wished. I gathered large quantities of leaves and dried them, and have had them in constant use as a medicine ever since, and have found it an excellent article both in canker and many other complaints. For relaxation and other bowel complaints of children, it is the best thing I have ever found: by giving the tea, and using it as an injection, it affords immediate relief. A tea made of the leaves and sweetened, with milk in it, is very pleasant, and may be used freely. It is the best thing for women in travail of any article I know of. Give a strong tea of it, with a little of No. 2 in it, sweetened, and it will regulate everything nature requires. If the pains are untimely, it will make all quiet; if timely and lingering, give more No. 2 and valerian in the tea. When the child is born give it some of the tea with sugar and milk in it; this prevents sore mouth. The tea is good to wash sore nipples with. It may be used in No. 3 as a substitute for other articles, or alone, to good effect. When this cannot be obtained, the dried leaves of the ladies' mantle, or the wild tansey may be substituted.

Avens Root.—This plant is known by the name of chocolate root, from its having been used as a substitute for that article or coffee. It grows wild and plentifully in this country (see the cut); the root is moderately astringent, and slightly bitter. The root should be collected early in spring, cut into slices, dried, and reduced to powder. For table use it is generally boiled, and sugar and milk added, which makes it a very pleasant beverage, being much used in New England instead of tea and coffee, and, though astringent, it does not appear to constipate the bowels. It is useful in dysentery, bleeding from the stomach, and a weak languid appetite.

Marsh rosemary (*statice limonium—the root*).—This is a powerful astringent, which upon being chewed manifests a bitter and saltish taste. It is antiseptic—used by Thompsonians

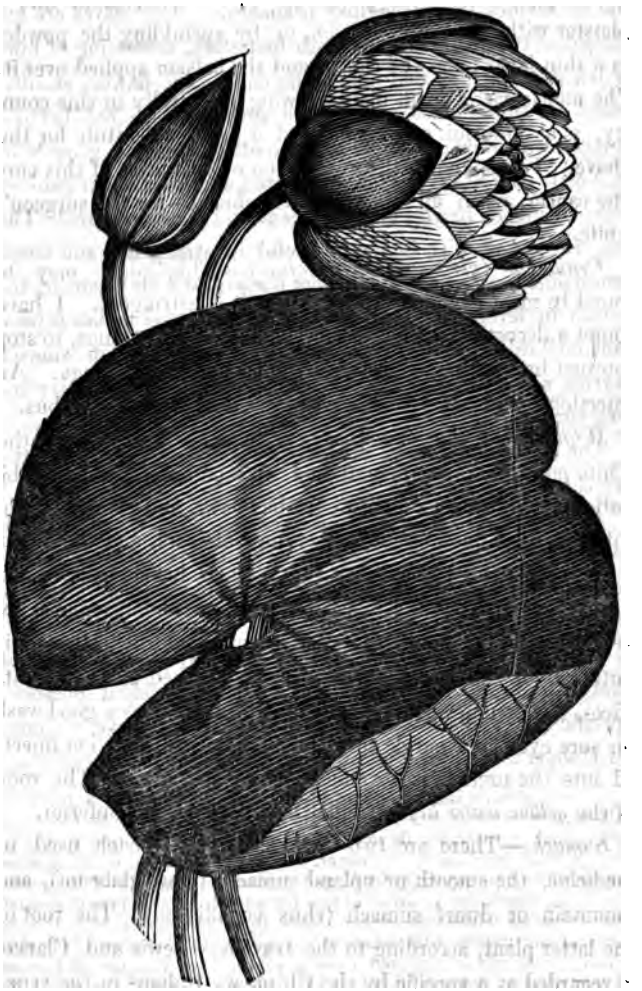
as a remedy in sore throats. The root, finely pulverised, and made into an ointment, with tallow, is a soothing application for the piles; and is employed to cure cancer, made into a plaister with the cancer balsam, or by sprinkling the powder in a thin layer upon the cancer and the balsam applied over it. The mouse-ear, a small plant growing plentifully in this country, is a powerful astringent, and a good substitute for the above. I have known the application of a poultice of this cure the cancer, when all hope was abandoned—for the surgeon's knife.

Cranesbill (*geranium maculatum*).—This plant may be found in most parts of the country; it is astringent. I have found a decoction of this, one of the most useful things, to stop internal hœmorrhage; particularly bleeding of the lungs. An injection of the same is efficacious in gleet, and fluor albus.

White pond lily (*nymphœa odorata*).—The root of the white pond lily is astringent, and may be employed in combination with, or as a substitute for bayberry, and sumach. The difficulty of collecting and preserving this root, and the fact of its being inferior to bayberry and sumach, has occasioned it to be used very little these last few years by Thompsonians, except in making poultices. This root should be collected in autumn, or very early in the spring, washed clean, cut into slices, and strung upon threads to dry. It makes a good wash for sore eyes, or a gargle for sore throats. A decoction injected into the urethra is a valuable remedy in gleet. The root of the *yellow water lily* is similar in properties, but inferior.

Sumach.—There are two species of the sumach used in medicine, the smooth or upland sumach (rhus glabrum), and mountain or dwarf sumach (rhus copallinum). The root of the latter plant, according to the travellers Lewis and Clarke, is regarded as a specific by the Chippewa Indians in the venereal. They use the decoction, which is said to be a sovereign

cure taken in gonorrhœa. It is also praised by several practitioners for the same purpose.



WHITE POND LILY.

The upland sumach (rhus glabrum) is the species most commonly in use. The stem rises from six to twelve feet high, and is divided into straggling branches. The leaves are arranged in two rows, on a smooth foot stalk, consisting of nine or ten pair, with an odd one at the end. The flowers are disposed in thick clusters, and are succeeded by red berries, covered with down. This, and the other sumachs, grow wild in North America; but are cultivated and flourish in gardens here. Sumach berries are astringent and pleasantly acid. The tea, sweetened with honey, is useful in stranguary and bowel complaints; and as a gargle in sore throats, and for cleansing the mouth in fever. It is the colour of wine, and makes a pleasant medical drink for children. The powder from sumach berries and No. 6, makes a valuable remedy for tetter and ringworm.

The leaves and berries of sumach are diuretic, but the latter are the most effective.

Peruvian bark (*cinchona officinalis*).—This excellent bark, so much employed by the faculty at the present time, as a tonic and to counteract the intermittent nature of fevers, is so well known as to be called *the bark*. The history of this bark is not only interesting, but furnishes us with another proof, that at times the unlearned may by some accident possess a specific for a disease for which the learned have no cure. In Hooper's Medical Dictionary it will be found thus:—

"Geoffrey states that the use of this bark was first learned from the following circumstance:—Some of the trees being thrown by the winds into a pool of water, lay there till the water became so bitter that every body refused to drink it. However, one of the inhabitants being seized with a violent paroxysm of fever, and finding no other water to quench his thirst, was forced to drink of this by which he was perfectly cured. He afterwards related the circumstance to others, and prevailed upon some of his friends who where ill of fevers, to make use of the same remedy, with whom it proved equally successful. The use of this excellent remedy, however, was very little known till about the year 1638, when a signal cure having been performed by it, on the Spanish viceroy's lady, the Countess del Cinchon, at Lima, it came into general use, and

hence it was distinguished by the appelation of *Cortex cinchonæ* and *pulvis comtissæ*, or the Countess's Powder. On the recovery of the Countess she distributed a large quantity of bark to the Jesuits, in whose hands it acquired still greater reputation, and by them it was first introduced into Europe, and then called Jesuits' bark. It was at one time sold for its equal weight in silver, which caused it to be very little used, until Talbot, an Englishman, used it in France, as a secret remedy; he employed it as an infusion in port wine. So successful was his practice that Louis XIV. was induced to purchase the secret at a large price."

This bark is both astringent and tonic, and proves highly serviceable, combined with any of the tonic bitters, or with cloves and cayenne, or with equal portions of spiced bitters. A tea made of equal portions of bark and liquorice root, is a good remedy for the colic in infants, where the attacks of colic come on periodically. The dose of the powder is from ten grains to a drachm, taken in milk or liquorice.

Sulphate of Quinine, is the concentrated essence of peruvian bark, and is supposed to contain in a small convenient compass all the virtues of the bark, which others think very doubtful, as the medical virtues become changed by the manufacture; and in consequence of the high price to which it is sold, it is subject to much adulteration. A pill containing a grain of quinine is supposed to be equal to a drachm of bark.

Tormentil (*tormentilla erecta*).—This plant, of which a cut will be found at page 241, is undoubtedly one of the best astringents found in this country. It is well adapted to check diarrhœa, let it arise from whatever cause it may. I can justly say I have employed it with surprising success in cholera, summer looseness, and the diarrhœa attendant upon consumption. The greater virtue resides in the root, though in making tormentil decoction, both root and leaf should be employed; I have, however, generally combined the powdered root with tincture of myrrh, for diarrhœa (see diarrhœa); the pulverized root is good to sprinkle upon old sores. "I once," says Dr. Thornton in his family herbal, "witnessed most extraordinary cures performed by this root. A poor man,

fond of botanical excursions, either by tradition or accident knew the powers of this root, and by making a strong decoction of it, sweetened with honey, he cured agues that had resisted the bark, long standing diarrhœa, ulcers of the legs turned out of hospitals as incurable, the worst scorbutic ulcers, fluxes, &c., so as to excite the attention of Lord William Russell, who allowed him a piece of ground out of his park to cultivate his plant, which he kept a secret."

There are many other articles, which, as astringents, might here be enumerated, did space permit. The best substitute for the above, however, would be oak bark, and cranesbill; the common garden sage, too, possesses astringent, nervine, and diaphoretic properties, and is therefore most excellent to employ in the same cases as the above articles.

Catechu.—Acacia catechu is the systematic name of the plant growing in Hindostan, from which this resin is extracted. It is one of the most valuable astringents; indeed, of all the astringents known, it is said to contain the largest amount of tannin, and is most efficacious in diarrhœa, in whites, and bleedings from the anus and womb. Combined with the lobelia tincture, I have found it highly beneficial in dry obstinate coughs; it is also excellent when slowly dissolved in the mouth, to arrest the approach of hoarseness and sore throat from swelling of the uvula and fauces; combined with one fourth of pulverized myrrh, it is a good dentifrice; and with tincture of myrrh, a cure for sponginess of the gums. The dose of catechu, in substance, is ten grains to a drachm; of the tincture one to three drachms.

TONICS.

Bitters.—To strengthen the system and promote digestion,

tonics are used after the system is cleared of disease, either of "canker," inflammation, or fever. They increase the appetite and promote digestion. They act first upon the stomach, then upon other organs, such as the liver, and ultimately invigorate the whole system. They are all rendered more beneficial when combined with the stimulants.

Tonics are generally bitter, but all bittters are not possessed of tonic properties, many possessing, like opium, narcotic properties; others are cathartic.

The vegetable kingdom supplies us with a much greater number of tonic bitters than any other medical property. Those offered to the public in this work, we believe to be a selection of the best.

It is beneficial to change one tonic for another, after using each a few days or a week, as the too constant employment of one loses its effect upon the system.

Populus Tremuloides.—This is also called white poplar, or quaking aspen, from the leaves being constantly in motion. It is common to this country as well as America; there are two other kinds besides this, the bark of which may be used for the same purpose; it is the inner bark which is employed. The proper season for collecting it is in the spring, before the bud breaks into leaf; the outside coat should be separated and the bark laid in the sun for a day or two, with the smooth side upwards, and then removed to a loft where the sun shines upon the roof. To complete the process of drying, care should be taken to keep the pieces of bark from coming in contact. Poplar bark, with the addition of sugar, is considered a pleasant bitter. The decoction is a valuable remedy in debility, emaciation, want of appetite, faintness of the stomach, worms, and impure blood. As a diuretic it is excellent in gonorrhœa, gleet, strangury, and obstructed urine.

Poplar bark, combined with ginger, is highly beneficial in

consumption. It is one of the chief ingredients employed in the spice bitters. "The inner bark of the poplar made into tea," says Dr. Thompson, "is one of the best articles to regulate the bile and restore the digestive powers I ever used." Poplar growing upon dry land is preferred; that grown upon moist and swampy soil is frequently found to operate as a purgative. It should be observed, to prevent mistakes, that the tall taper poplar is not employed, but all those of a wide spreading form.

GOLDEN SEAL (HYDRASTIS CANADENSIS).

Golden Seal (hydrastis Canadensis).—This root, very common in America, is called Ohio curcuma, orange root, turmeric root, yellow puccoon, balm, &c. This is highly and justly esteemed throughout the United States as an excellent medicine in dyspepsia, loss of appetite, general debility, and all affections of the liver; for this latter purpose, I have been in the habit of employing this article with surprising effect. The powder, given in some of our bitter herbs, such as centaury, and bogbean, in proportions of from two tea-spoonfuls to a pint, has removed the worst symptoms of chronic liver complaint, of years' standing, in the course of a week. The powder mixed with an equal portion of powdered lump sugar, eaten dry, will often afford relief in faintness of the stomach, languor, and debility of the general system. The decoction is in great repute as a wash in sore and inflamed eyes. There is also a species of this plant imported from the East Indies, and sold in the shops, but far inferior in quality to this.

Barberry.—This is a shrub frequently seen in shrubberies, and sometimes growing wild in this country. The stem is covered with ash-coloured bark, and armed with triple thorns. The inner bark, which is the one used, is of a bright yellow; the leaves grow in bunches, it bears a beautiful red berry, which grow in clusters, each of an oval form.

The bark of the barberry is a powerful bitter, and slight astringent. It is one of the best correctors of the bile found in this country, and a decoction has long been used as a specific in jaundice. The following preparation was used by Dr. Thompson in this complaint:—To a gallon of cider add four ounces of barberry, four ounces of each of the poplar and wild cherry tree bark; let them steep in a closely covered vessel by the fire for several days, when the liquor will be fit for use. Half a tea-cupful of this, sweetened to the taste, may be taken three or four times a day, but particularly night and morning.

This produces a peculiar sensation throughout the whole system, improves the appetite, and soon removes the yellow tinge from the eyes and skin.

As a tonic bitter, I am in the habit of employing this combined with horehound, centaury, and buckbean.

Barberry jelly, dissolved in water, makes an excellent drink in all kinds of pestilential fevers.

Columba.—This is an article that can be purchased at the shops, and employed as a tonic, as a substitute for the bitter herbs. It is esteemed by the faculty in consumption, hectic fever and indigestion Taken freely in decoction it is said to allay the nausea and vomiting accompanying pregnancy.

Wood Sage (teucrium scorodonia).—This is a most powerful bitter, grows wild and very common in this country ; found mostly upon banks, under hedges, and by the side of woods. A decoction of this herb not only answers all the indications for which other tonic bitters are given, acting upon the liver, correcting the bile, and promoting digestion ; but the young shoots, or the leaves in a green state, make, without exception, the best poultice for erysipelas and ulcerated sore legs I ever used. My usual plan of employing this herb is, to boil or simmer it covered with the smallest quantity of water, answering the purpose of bringing it to the consistency of mashed greens, and at the same time retaining its juice as much as possible. When the wound is insensible or sluggish, a small quantity of cayenne may be introduced. The leg should be well steamed every night in a local vapour bath for fifteen or or twenty minutes, rubbed dry, and the poultice applied thickly, so as to remain moist all night, as a good circulation in the part is of all things desirable. The hot brick and vinegar cloths should be applied to the foot of the affected limb. By persevering in this local treatment, in conjunction with a course or partial course of medicine for a week, with the other

indications of cure for impurity of blood or bad habit of body, I have caused deep wounds to heal in a week or fortnight, that had been running sores for the period of seven years. It is also excellent, combined with tormentil or bayberry, when applied to scrofulous sores in the neck, arms, or feet.

Taken inwardly, it promotes the menses, the urine, and aids in the relief of rheumatic pains.

Buckbean or Bogbean (Menyanthe Trifoliata).—This is a herb much better known to country people than doctors and apothecaries. It has long and justly been esteemed for its tonic and bitter properties. It has frequently been used in brewing beer when there has been a scarcity of hops: it grows to about a foot high, in bogs and ponds; the leaves are thick, round, and fleshy; all proceed from the root. Its virtues are great, and similar to those of centaury, with which I am in the habit of combining it.

Bitter Horehound (Marrubiums Vulgare).—This plant is pectoral and tonic; its virtues are well known, and have been long and deservedly esteemed in colds, coughs, and all pulmonary affections; used either in decoction or syrup. It is, I think, the best expectorant to be found in the materia medica of the schools, which list is remarkably deficient of articles containing this virtue. It should be observed that, however excellent any extract of horehound may be in itself, it is rendered ten times more efficient in power when combined with ginger or cayenne, and still more so in conjunction with lobelia, as recommended in consumption, page 239.

As it sometimes proves highly beneficial in the treatment of disease to change one medicine for another, and at other times it is difficult to procure a herb specified, it is well to be furnished with the names of several that will act as substitutes for each other; with this view the following herbs are mentioned; they are all of a sanatory character, and possess virtues similar to the tonics already given:—These are tansey, dande-

lion, chamomile, wormwood, betony, burdock, water horehound, and feverfew.

Quassia.—This tree, the wood of which contains the pure bitter principle, as it were, in a concentrated form, is a native of Jamaica and Surinam. It was at the latter place during the rage of a most malignant fever, that the virtues of this wood were discovered by the negro slave, Quassi, who for a time employed it as a secret remedy, curing with ease, wherever he tried, those cases of fever which completely baffled the skill of the doctors. At length one of them, a Mr. Rolander, a Swede, at a considerable price purchased a knowledge of the remedy; thus adding another to the facts in the history of medicine, of the superiority of EXPERIENCE, unlettered though it be, to learned theory without it.

Quassia is an excellent tonic, and may be employed in general debility, given in decoction with other tonics, such as columba, gentian, horehound, and other English herbs.

Centaury.—Centaury is justly esteemed one of the most efficacious bitters indigenous to this country. It is stomachic, febrifuge, emmenagogue, and vermifuge.

DIURETICS.

DIURETICS consist of those articles that have a specific effect in promoting the flow of urine, by increasing the action of the kidneys. The woods and fields furnish us with with a great number of herbs containing more or less of this property. I shall particularise a few of the best, and mention others as their substitutes. It should, however, be remembered that, in reminding the practitioners of these medicines that have a

direct tendency to increase the action of a particular organ, the obstruction of whose function is apparent, it should never be overlooked that, such disorder is dependent upon constitutional debility. It should, therefore, be treated upon general principles, so that except in slight cases, the herbs and compounds given in this work must be considered in the light of auxiliaries rather than specific remedies or "certain cures."

Broom Tops.—A decoction of the young sprouts of broom has long been known and justly valued as a powerful diuretic. This may be made by boiling two or three ounces of the green tops in a quart of water, reduced to a pint. Taken in doses of half a wine-glass to a glassful every second or third hour till it operates.

Juniper Berries.—The common juniper is a native of this country, although the greater quantity used here are brought from Germany, Holland, and Italy. They are powerfully diuretic and cordial; both the tops and berries may be used, but the latter are preferred. These are much employed in the manufacture of gin; and this beverage, it is well known, possesses a diuretic power which often affords persons troubled with retention of urine or a tendency to dropsy, an excuse for indulging in this liquor. But I can assure all such, two-pennyworth of juniper berries made into tea, would go further to produce the desired effect, than sixpence spent in gin. The best mode of employing juniper is, by infusion of the bruised berries: this may be made by slowly simmering in a covered vessel, or by steeping three ounces in a pint of boiling water. The virtues of juniper depend upon an essential oil which, like the berries, can be bought at the shops. The proper dose of this is, from six to twelve drops—taken upon lump sugar, or combined in mucilage and sugar.

Buchu Leaves.—The buchu plant is a native of the Cape of Good Hope. The leaves are so much like those of senna that

the one might well be mistaken for the other. They are cordial—being a pleasant aromatic, and powerful diuretic. They are used by the natives of the Cape as a certain remedy in all disorders of the kidneys and bladder. The usual form of employing buchu is in infusion ; made by steeping an ounce of the leaves in a pint of boiling water : this should be allowed to stand covered. The dose of infusion is from one to two teacupfuls three or four times a day. Buchu leaves can be bought at the shops.

Cleavers, or Clivers.—This is a slender plant, found climbing about our hedges : it is pointed and rough to the touch, bearing small burrs containing the seed. It has long been known for its powerful diuretic and antiscorbutic properties : it is found highly serviceable employed in strangury, dropsy, gravel, and all obstructions of the urine.

I have been in the habit of using the expressed juice of the green state, and at other times a strong decoction of the dried herb, and found it alike efficacious in all eruptive diseases. In gonorrhœa, and confirmed lues, it has appeared to excel all the expensive preparations of the dried herb sarsaparilla.

In preparing a decoction, it should be macerated over night, and simmered for an hour or more the next morning ; by boiling much of the virtue is lost.

Parsley, wild carrot, dandelion, strawberry shoots and leaves, are all good diuretics in decoction ; either simply or compounded with others, and taken in the same manner as the former articles.

Balsam of Copaiva.—Balsam of copaiva is an excellent and powerful diuretic, and has long held high repute in all diseases of the urinary organs. It is also taken at times with much advantage in old coughs ; it has long been employed in gonorrrhœa and fluor albus. A dose of copaiva is from fifteen to thirty drops, repeated three or four times a day ; it is usually

taken in oil of cinnamon or peppermint, to cover the exceedingly nauseous taste. Recently, however, this article has been enclosed in capsules, by which both the taste and odour are completely disguised. For suppression of urine see the article on dropsy.

Ground Ivy (glechoma hederacea).—This herb is aromatic and diuretic: its virtues are similar to those of clivers: it is, as the old herbalists state, good to sweeten the blood.

ANTISCORBUTICS.

It was formerly supposed that these were specifics for "sweetening the blood," as the old writers used to express it. For this purpose, a number of articles were classed under this head, and doubtless many drinks and decoctions of sanatory herbs were found to have the effect of removing humours and eruptions from the skin—the manifest impurities of the blood. But it should be borne in mind that these could have proved efficient only in proportion as they met the other indications of cure—such as restoring digestion, sustaining the vital action, and determining the fluids to the surface; it will therefore be seen that every article employed by us must act as a purifier of the blood. However, I shall name a few articles which, used upon general principles, and in conjunction with stimulants, prove antiscorbutic; these are yarrow, cleavers, ground ivy, dock root, dandelion, burdock seed, root and leaf, and vervain.

Yarrow (achillea millefolium).—Of this plant little description is here needed, as I have already given a cut of it at page 265. It is a herb so common as to be met with in almost

every field. It has a strong aromatic and pungent taste, with some bitterness and slight astringency. It is tonic, stimulant, diaphoretic, and diuretic; thus answering all the intentions of this mode of practice. It is useful in a low debilitated state of the system, accompanied with nervous weakness. From its warming nature, also, it is serviceable in flatulent colic.

A decoction of yarrow, warmed with cayenne, and sweetened with sugar, may be drank freely for a cold, or employed for fever, and taken in this form, has always proved highly beneficial in diseases of the skin, and all impurities of the blood.

Dock Root.—There are several kinds of the common dock, all containing similar properties, but that growing with a sharp pointed leaf is the one preferred; the root is the part used in decoction for the itch and the scurvy. For internal use, a salve should be made thus:—Bruise or grate the fresh roots until they are soft and fine; then add either cream or hogs' lard sufficient to make an ointment. This mixture should be kept in a warm place for twelve hours, when it is fit for use. It should be applied on going to bed at night. This is very effective, rubbed into the skin for the itch, which it said to cure in a few days. For burdock and other remedies, see scrofula.

PURGATIVES.

PURGATIVES are agents which quicken the peristaltic motion of the bowels, and increase the secretion of fluids from their mucous or inner coat. For the reason stated under the head of costiveness, I never purge the bowels, and the medicines here enumerated are used rather in the mild form of laxatives, or aids to nature, than for the purpose of *forcing* the bowels.

Rhubarb.—Of this article there are two sorts ; that of Turkey is considered the best. It is a valuable and singular cathartic, differing from all others in the materia medica. It operates first by evacuating the intestinal canal, and then gently astringing or restoring the tone of it. The dose for an adult is about a tea-spoonful of the powdered root, but this must be regulated according to the habit of the patient at the time. See also pills, No. 3.

Senna.—This is a medicine well known to mothers, an infusion of which is a good laxative mixed with cayenne, ginger, and the tonic bitters. It may be employed to regulate the bowels of either children or adults ; and is at all times preferable to salts, or any mineral drug that can be employed.

Mountain Flax.—This may also be employed for the same purpose, and is in some cases preferable to senna ; such as rheumatism and dropsy, accompanied with costiveness. The mountain flax acts also as a diuretic : it is best used in decoction, and may be simmered with the other articles employed for this purpose.

Butternut (*juglans cinerea*).—This is the only purgative Dr. Thompson ever recommended ; he employed it in the worm complaints of children. The extract is obtained from the bark of a kind of beech tree. It is considered very applicable in all cases of habitual costiveness, as it is not apt to leave the bowels in a costive state like other cathartics. It may be made into syrup, by mixing it with honey or treacle, or be taken in the form of pills, being of itself of the proper consistency. When given alone in doses of from fifteen to thirty grains, it operates as an active cathartic, without occasioning heat or irritation.

Aloe (*aloe spicata*), *juice of the leaves.*—There are three kinds of aloes in commerce, viz.—the socotrine, the hepatic, and the horse aloes. The first is the kind generally made use

of by physicians; it is a warm stimulating purgative, operating with peculiar force upon the large intestines. It is frequently found useful in the obstruction of the menses: it both warms the habit and quickens the circulation. It is an excellent article in dyspepsia, and enters into the formula for Pill, No. 3; indeed, this article forms the basis of nearly all the aperient pills in common use.

NERVINES.

NERVINES are those medicines which have a tendency to allay excitement and irritability of the nervous system, without impairing or blunting sensibility. Nervines are essentially different in their action from narcotics, for the latter, such as opium, morphine, stramonium, &c., impair the functions of the brain, as well as of the whole nervous system, and the patient becomes stupid or insensible, sinking into a dull, heavy sleep. At length he awakens, if the poison does not prove fatal, and finds himself afflicted with head ache, tremors, nausea, a parched tongue, and hot and dry skin. The sanatory nervines employed by us, produce none of these effects, but while they soothe, seem rather to invigorate, so that there is scarcely a disease in which they may not be employed with manifest advantage.

American valerian (cypripedium pubescens).—There are several species of this plant, called by different names, such as moccasin flower, Noah's ark, wild lady slipper, umbel, and valerian. All the species possess the same medical properties. The root is the part employed for medical purposes. When dried and pulverized, it constitutes the nerve powder, employed

as a nervine by Dr. Thompson, in all cases where he found restlessness or great nervous excitement. This powder, says he, is the best nervine known. I have made use of it, and have always found it to produce the most beneficial effects, in all cases of nervous affection, and hysterical complaints. In fact, it would be difficult to succeed in my practice, in many cases, without this important article. It is perfectly harmless, and may be used in all cases of disease with safety. It has been supposed by the doctors to be of a narcotic nature, but this is a mistake. They have drawn this conclusion I suppose, from its tendency to promote sleep, but this is altogether owing to its quieting the nerves and leaving the patient at ease, when nature requires sleep to recover the natural tone of the system. A tea-spoonful may be given in hot water, sweetened, and the dose repeated, if necessary, or the same quantity may be mixed with a dose of either of the other numbers when given, or put into injections; and where there are nervous symptoms it should never be dispensed with.

English Valerian (*valeriana officinalis*).—The common, wild English valerian appears to possess all the virtues of the article used by Thompson. I have long been in the habit of employing it for the same purposes, and with the same good results. I have also employed the American, if possible to discover its superiority, and am happy to say, that that of our own growth when fresh dried and properly pulverized, appears quite equal as a nervine. It is excellent in lowness of spirits, epilepsy and restlessness, I have also found it to act most beneficially in diseases of the kidneys and bladder. It may be given in decoction, by boiling an ounce of the roots in a pint of water, or the powder taken with equal quantities of mace or cinnamon, two tea-spoonfuls to a dose.

There are other English nervines, which though they possess not equal power with the above, may be employed like it.

These are mugwort, rue, tansey, the garden sage, and lavender. The gum assafœtida is also antispasmodic and nervine.

Scullcap (scutellarin lateriflora).—This herb is generally called blue scullcap, and is known also by the name of mad dog weed, and hood wort, it grows in damp ground and by the side of streams. In general appearance, it much resembles the lobelia inflata. It has been but lately introduced into the Thompsonian practice in America, but its powers as a nervine are spoken of in the highest praise by all who have employed it.

Dr. Mattson says, "scullcap has a prominently bitter taste, and is the best nervine I ever employed; it is also tonic and antispasmodic. My attention was first called to this plant by a distinguished merchant in Boston, who told me that he had been subject to great nervous excitement and severe tremours, so that he could not hold a pen to write. He was recommended to use a tea of scullcap, and accordingly, on retiring to bed, he ordered a pint of tea to be prepared, the whole of which he drank during the night; and when the morning came, greatly to his astonishment, he found himself perfectly calm and able to write without difficulty. He continued to use the tea after that period, when occasion required, with uniform good results."

Dr. M. here also relates a case of delirium tremens, which he cured by administering a tea made of this herb.

Dr. Andrews has used scullcap with advantage in the delirium of typhus fever; he is in the habit of steeping an ounce of the dried herb in a pint and half of hot water, and giving a table-spoonful of the tea, without sweetening, every half hour or hour, until the delirium subsides.

Scullcap, says Rafinesque, has lately become famous in the cure of hydrophobia; this property, he continues, was discovered by Dr. Vandesveer, about 1772, who used it with the utmost

success and until 1815, when he died, he is said to have prevented a vast number of persons and cattle from becoming hydrophobic, after they were bitten by rabid animals. His son is said to have relieved or cured forty persons of hydrophobia in three years, in the states of New York and New Jersey, by the use of this medicine. What reliance may be placed upon these statements I am not prepared to say, but from the well-known effects of scullcap on the nervous system, I should be disposed to think favourably of it as a remedy even in hydrophobia. Dr. Logan states that he has made extensive use of this plant as a nervine, and that he has never been disappointed in its effects.

LIST OF COMPOUNDS.

Thompson's Composition Powder.—

Take of

Bayberry .....one pound
Best ginger ..... half a pound
Cayenne .....one ounce
Cloves ....one ounce

All finely pulverized and passed through a sieve.*

"If there is a panacea in the world," says Dr. Mattson, "it is this preparation." It is a safe and gentle stimulant, equalizing the circulation, strengthening the digestive organs, producing a moist condition of the skin, and in a word, enabling the different organs to perform their functions in a natural and healthy manner. It may be used with safety in all cases of

* This mixture is supposed a great improvement made upon that given in page 96.

disease. The usual dose is a tea-spoonful, scalded in a tea-cup or two thirds full of boiling water, sweetened and drank warm.

Spiced bitters.—

Take of

Poplar bark.....one pound
Ginger, and golden seal.....five ounces
Cinnamon, and cloves.....three ounces
Prickly ash bark .....two ounces
Cayenne .....one ounce
Sugar .....pound and half

These are all to be finely pulverized, mixed, and run through a sieve. If prickly ash is omitted the cayenne should be increased. Mode of administration the same as composition.

Ladies' spiced bitters.—This is made by adding pulverized myrrh and unicorn root to the common spiced bitters, in equal quantity with the cloves, which constitutes what is termed ladies' spiced bitter, or woman's friend.

This preparation is well adapted to cases of general debility, and especially in complaints peculiar to females.

Head-ache snuff.—Take finely pulverized bayberry, and scent it with oil of golden rod, or any other pleasant scent. This is useful in head-ache and colds ; it has been employed beneficially in polypus of the nose, but is not so efficient for this as powdered blood root.

To make conserve of hollyhock.—Take of poplar bark, bayberry, golden seal, cloves, cinnamon, and American valerian each an ounce, and half an ounce of cayenne, all finely pulverized ; mix them well together and pass the compound through a sieve. Incorporate this powder, and half an ounce of the oil of pennyroyal thoroughly, with one pound of hollyhock blossoms, previously pounded into a jelly, and form it into balls the size of a large marble, dry them, or put it into jars to preserve it in a moist state. Employed in the same cases as the spiced bitters.

Anti-spasmodic tincture.—Take of pulverized lobelia seed half a pound, cayenne and scullcap of each two ounces, rheumatic drops half a gallon; infuse for a week or more, in a closely stopped vessel, shaking two or three times a day.

This is an invaluable preparation, and is used in violent and critical cases of disease, such as locked jaw, epilepsy, convulsions, croup, fainting, hysterical attacks, apoplexy, hydrophobia, and suspended animation; it traverses the frame of the patient with wonderful rapidity, and rarely fails to restore him. Dose, from one to two tea-spoonfuls, repeated frequently till relief is obtained.

Cholera syrup, or restorative cordial.—Take of poplar bark one pound, bayberry one pound, boil them a few minutes in two gallons of water, then strain and add seven pounds of good sugar, simmer until the sugar is dissolved, then skim it and add half a pound of finely pulverized peach meats, and three quarts of tincture of myrrh. Dose, half a wine-glassful three times a day. This syrup is useful in all cases of recovery from sickness, attended with a weak and relaxed condition of the bowels, and will keep good for years.

Nervine tea.—Take of scullcap in powder two tea-spoonfuls, cayenne the eighth of a tea-spoonful, sugar three or four tea-spoonfuls, boiling water one pint. Steep in a covered vessel until cool enough to use. If desirable, add the essence of cinnamon to give it a flavour. This tea is highly useful in all nervous affections. If the scullcap cannot be procured, the ladies' slipper or English valerian may be substituted.

Diuretic tea.—Take of cleavers and spearmint one good handful of each, juniper berries two ounces, a red beet root cut into thin slices, water two quarts, to be simmered on a slow fire until it is reduced to one, strain and keep in a cool place. The dose, from one to two table-spoonfuls three or four

* All these articles can be reduced in due proportion, and any quantity of the compound made at one time.

times a day. This is an excellent remedy for strangury, gravel, or suppression of urine.

Soothing drops.—Take of valerian tea, sweetened with honey, three tea-spoonfuls, tincture of lobelia from eighteen to twenty drops. A tea-spoonful of this mixture will generally put a restless infant to sleep. The dose may be repeated if necessary. The same is useful in a harsh, dry cough.

CAYENNE SIMMERED IN VINEGAR.—Take of cayenne a tea-spoonful, vinegar a gill, simmer for four or five minutes. This is employed for bathing sprains, swellings, rheumatic joints, palsied limbs, and parts that have lost their sensibility. It is useful in external application to the throat in quinsy, to the side in paralytic affections, and to the abdomen in swelling and tenderness of the bowels. A flannel may be saturated with it and laid on the affected part, if the disease is severe or obstinate.

Eye waters.—These are prepared in various ways, thus:—1. Take of pure cayenne one grain, infuse for twelve hours in a wine-glassful of hot water, and filter.—2. Take of lobelia, bayberry, and cayenne, of each half a grain, infuse as before and filter.—3. Take of raspberry leaf tea, rendered pungent by rheumatic drops, filter as before.

Tincture of scullcap.—Take of scullcap, powdered, three ounces, alcohol one pint. Infuse for ten days in a close vessel, and strain.

This is employed in nervous tremors, St. Vitus's dance, convulsions, locked jaw, and hydrophobia. The dose is from one to three tea-spoonfuls, mixed with a tea of cayenne, or of composition. It may also be added to injections, in the quantity of a table-spoonful to each, where a nervine is required.

Tincture of myrrh.—Take of myrrh, powdered, an ounce and a quarter, alcohol one pint. Infuse for ten days or a fortnight and strain.

This is applied to fresh wounds, and indolent or offensive

ulcers. Diluted with water it is used as a wash for sore mouth, spongy gums, and ulcerated throat. A table-spoonful is a valuable addition to an injection intended for the relief of diarrhœa, or dysentery. For internal use, half a tea-spoonful may be taken at a dose.

Tincture of fir balsam.—Take of fir balsam one ounce, alcohol one pint. Shake them well together.

This is applied to fresh wounds, burns and ulcers, and is taken internally as a remedy in coughs, soreness of the bowels, gravelly complaints, gleet and fluor albus. The dose is a tea-spoonful, repeated two or three times a day. In some instances it will greatly aggravate a cough, unless given in very minute doses.

Poultices.—These are applications intended to soften and relax the skin, allay pain and inflammation, hasten the discharge of matter from tumours or swellings, and cleanse ill conditioned sores.

Indian meal poultice.—Stir Indian meal into boiling water until it is of the desired consistency. This forms an excellent emollient poultice, and with the addition of cayenne, lobelia, or rheumatic drops has been the means of dispersing cancers and scrofulous tumours. It may be applied to gouty feet, and to stiff painful swelled joints.

Yeast poultice.—Take of wheat flour one pound, and add half a pint of yeast. Expose the mixture to a gentle heat until it begins to rise. This form of poultice is gently stimulant, and is sometimes applied with much benefit to foul gangrenous ulcers, the fetor of which it corrects, while it is supposed to hasten the separation of the slough or dead part.

Charcoal poultice.—Take wood charcoal red hot from the fire, and as soon as it ceases to burn, reduce it to a very fine powder, mix this with a poultice of slippery elm,* Indian meal,

* Slippery elm.—This is an American tree, but the broad leaf elm of this country possesses similar mucilaginous properties, and the bark of

linseed or comfrey. Charcoal recently prepared, says Dr. Wood, has the property of absorbing and neutralizing those principles upon which the offensive odour of putrefying animal substances depend.

Cayenne poultice.—Mix a tea-spoonful of cayenne with a poultice of Indian meal, or linseed, or comfrey; this may be advantageously employed in cases of weakness of the spine, chronic rheumatism of joints, white swelling, hip disease, chronic pleurisy, painters' colic, lumbago, palsy, and indolent ulcers.

Healing Salve.—Take of venice turpentine, beeswax, and mutton tallow, equal parts: add the yoke of an egg and a small portion of honey; melt. This salve is applied to fresh wounds; it excludes the air, and favours the healing process.

Cancer Plaister.—Take the heads of red clover; fill a brass kettle and boil them in water for one hour; then take them out, and fill the kettle again with fresh heads, and boil them as before in the same liquor, strain it off and press the heads to get out all the juice; then simmer it over a slow fire till it is about the consistence of tea, when it will be fit for use; be careful not to let it burn; when used it should be spread upon a piece of bladder split and made soft. By employing this salve, accompanied with constitutional treatment, Dr. Thompson became celebrated in America for the cure of cancer in the breast, without cutting. It is useful to running sores, and the success that has attended its employment has won the approval even of the medical faculty. The Boston Medical Journal says, "on ulcerated surfaces, deep, ragged-edged, and otherwise badly conditioned burns, there is nothing to be compared with this plaister."

Strengthening Plaister.—Take burgundy pitch and venice turpentine, each two ounces; melt them together and add a tea-spoonful of cayenne pepper, and when it cools, if it be found

the young shoots with the buds, can be used for the same purposes as the slippery elm.

too hard, melt it over again and add a portion of sweet oil.—Used for spreading on soft leather and applied to a weak back, &c.

Liniment for Rheumatism and Tic Doloureux.—Take of spirits of wine or turpentine, half a pint; cayenne a teaspoonful; spirits of hartshorn half an ounce; oil of camphine one ounce; camphor, half an ounce; oil of cedar and spearmint, each a quarter of an ounce; mix and shake well together.

This is applied externally with the hand, using considerable friction.

Tar Ointment.—Mix an ounce of tar with an ounce of melted tallow, and stir the mixture until cold. This ointment is a useful application to tetter and scald head.

Thompson's Healing Salve.—Take of beeswax and fresh butter each four ounces; of turpentine six ounces; Canada balsam three ounces; simmer by the fire until all the wax is melted, and then strain. This may be employed to protect injured parts from the air, with a view to assist the healing efforts of nature.

Volatile Liniment.—Take of candia soap, cut or scraped into shreds, three ounces; camphor an ounce and half; tincture of cayenne half a pint; spirits of turpentine half a gallon. Infused in a closely stopped bottle for a week, shaking it two or three times a day.

This liniment is superior to any other with which I am acquainted for bathing sprains, bruises, rheumatic joints, and parts that are the seat of pain. It is equally beneficial in numbness. When it is applied, the part should be rubbed briskly for ten or fifteen minutes with the hand. It is highly useful as an application to the side in pleurisy, and to the abdomen in tenderness or swelling of the bowels. If it is not sufficiently powerful, an additional quantity of the tincture of cayenne may be added.

Stimulating Liniment.—Take of gum elastic, cut into shreds, four ounces; linseed oil a pint, simmer them over a slow fire,

stirring constantly, until the gum is dissolved, which will be in five or six hours. Then add three quarters of a pound of beef tallow, and continue the simmering until it is melted. When about blood heat, an ounce of each of the oils of spasmodic tincture of cayenne may be added.

This liniment is highly serviceable as an application to the surface of the body after a vapour bath, or a course of medicine, particularly in the winter season. The skin should be rubbed with it thoroughly from head to foot. Patients who are labouring under chronic diseases, and possess but little animal heat, are greatly benefited by this practice. The liniment forms a coating for the skin, and shields it from the air, without interfering at all with its functions. In night sweats, rheumatism, ague and fever, asthma, croup, consumption, dyspepsia, and tic dolóureux, it may always be employed with advantage. If not sufficiently stimulating, it may be combined with a portion of cayenne, reduced to a very fine powder.

Ointment for Itch, Tetter, and other cutaneous Eruptions.—Take four ounces of fresh dock root, wash it well, and grate it fine; add half an ounce of beeswax, half an ounce of lobelia, and half a pound of fresh lard or cream; simmer for twelve hours over a slow fire. Apply two or three times a day, washing the affected parts occasionally with Castile soap.

Ointment for Sores and Ulcers.—Take the yolks of three eggs, and one fluid ounce of Canada balsam; stir until they are formed into a paste. Spread this upon soft leather, and apply it to the ulcer, which should be previously smeared with lard, to prevent the plaister from adhering too closely. Renew every twenty-four hours, previously washing with mild soapsuds.

The application is an excellent one, and may be used also in bruises, inflammations, and wounds. Applied to boils, it will frequently disperse them.

Nerve ointment.—Take of purple archangel, wormwood, chamomile, and meadow fern burrs, equal parts; pack them

closely in a suitable vessel, and cover them with porpoise, goose, or turtle oil—the latter is the best. Simmer over a slow fire for twelve hours, stirring occasionally, and keeping the vessel covered. Strain, and when milk warm, add half an ounce of the oil of spearmint to each pint of the ointment. Preserve in a well corked bottle. Instead of spearmint, Dr. Thompson adds one ounce of the spirit of turpentine, but I consider the former preferable.

This is employed in bathing sprains, bruises, swellings, stiff joints, and contracted sinews and tendons, rubbing the affected part briskly with the hand when the application is made, and wrapping it in flannel to shield it from the air. The ointment is also applied to corns. It may be rendered more stimulating, if desirable, by combining with it a portion of antispasmodic tincture, or tincture of cayenne.

Pill, No. 1.—Take of pulverised seed of lobelia one ounce; scullcap or valerian, one scruple; cayenne, one scruple; as much mucilage of gum arabic as will form these into pills. These pills may be employed in all deep-seated diseases, such as rheumatism, dropsy, gout, syphilis, scrofula, jaundice, and costiveness. The patient taking as many, in divided portions of the day, as can be borne without producing nausea.

Pill, No. 2.—Take cayenne pepper, one ounce; Canada balsam, one scruple; mix with as much mucilage as will form into pills.

These are employed to raise the animal heat, whenever the patient has an aversion to the use of cayenne in tea.

Pill, No. 3.—These are aperient pills, for the purpose of correcting the bile, and mildly relieving the bowels.

Take of

Best socrotrine aloes, pulverised ..... two ounces
Best Turkey rhubarb .....half an ounce
Hydrastis canadensis, or curcuma .....half an ounce
Cayenne .....quarter of an ounce
Castile soap, finely scraped ..... quarter of an ounce

The whole to be mixed with fresh bullock's gall; the gall having been previously reduced to one half its bulk by heat in an oven.

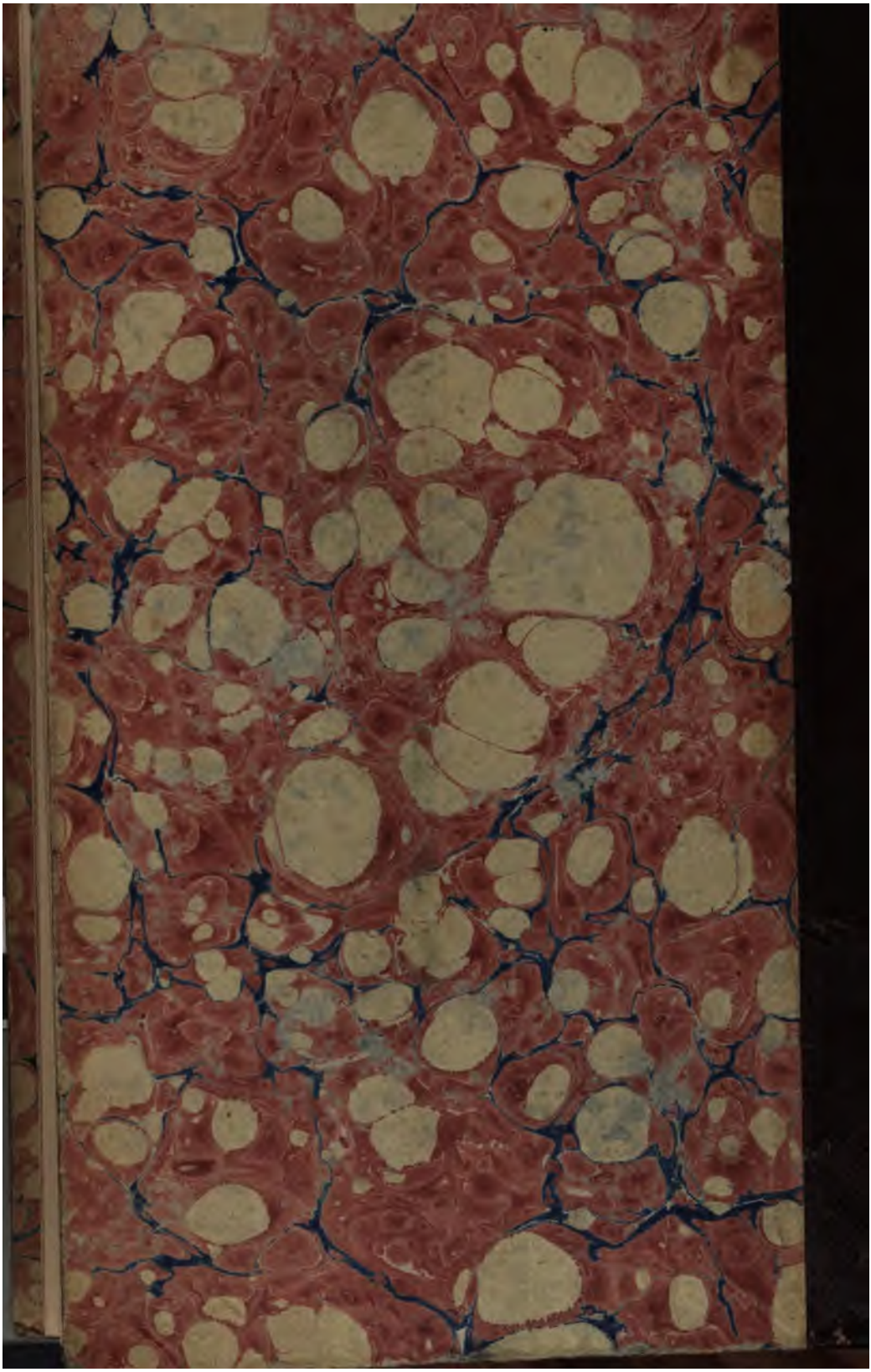
Pill, No. 4.—Take of pulverised gum assafœtida, one ounce; cayenne, half an ounce; to be formed into pills with mucilage of gum arabic.

Drying and preserving roots and herbs.—The best season for gathering herbs is just as the flowers are budding. They should be cut, and all decayed leaves be pulled off. The herbs should be hung up in small bunches, and when dried be put in paper bags, or be cut up and put in boxes or closely confined drawers, so as to be free from air.

Roots should be dug up in autumn, when the plant has ceased to vegetate. Roots and barks may be dried either thrown out on the floor of a dry warm room, where they can be exposed to the sun, or in an oven submitted to a moderate temperature. When dry they should be pulverised and put into air tight vessels, or packed in boxes and secured from air and dampness.

CONCLUSION.

In concluding this treatise, I wish to assure the English public, that I have presented them with a complete digest of the Thompsonian practice which may be relied upon with safety. In America this system has saved the lives of millions, and it is my ambition to place the healing art on an equally firm basis in this country. I have used the humble abilities that have fallen to my lot for this purpose, and if my little work shall prove intrumental in effecting this valuable reform here in only a slight degree, I shall congratulate myself that I have not lived in vain.

J. Stevens.

THOMAS STANLEY, PRINTER, DUDLEY.